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LESSON PLANS

COURSE FOR
COOKS MTP21-3

CHANGE 1

MESS OFFICER COURSE
(COMPANY GRADE)
AND
TROOP SCHOOLS

U.S.
ASFTC

CAMP BARKELEY
TEXAS



G 10-9-46

ARMY SERVICE FORCES
Eighth Service Command
Army Service Forces Training Center
Course for Cooks
Camp Barkeley, Texas

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*****INTRODUCTION*****

These Lesson Plans of the Course for Cooks, ASFTC, Camp Barkeley, Texas, are prepared in compliance with Paragraph 34, MTP 21-3, Change I, 15 September 1944. They are published for the express purpose of standardizing instruction in the Cook's Course and assuring that all quotas that may be entered for training within this course are recipients of the same training, regardless of changes of instructor personnel that may occur.

These lesson plans are the final product of outlines and ideas presented by all of the instructors and officers in the organization. They include all the required training aids and many others that help in graphically presenting the necessary material. The outlines are complete and while the time schedule accompanying each outline may be varied, the outline itself should be adhered to strictly. The Training Guide, Master Schedule and Lesson Plans printed herein are based on the directive found in Section VII MTP 21-3, 1 May 1944 and Change I, 15 September 1944. For that reason these outlines should not be varied, however, any ideas for correction, improvement or adding realism or practicability to the instruction will be readily accepted and will be used when found to be workable.

All instructors are required to be familiar with TF 7-295, Military Training; FM 21-5, Military Training; FM 21-250, The Army Instructor. In addition, each instructor must have in his possession and know thoroughly each manual and "mimeo" issued by the school.

It must not be overlooked that these lesson plans provide only for instruction of the student while in the classroom. The student must also spend a minimum of 36 hours per week in a kitchen for practical instruction or application of principles previously learned in the classroom. The student also receives eight hours a week of "Concurrent Military Training," which is scheduled and carried out by his parent organization.

ARMY SERVICE FORCES
Eighth Service Command
Army Service Forces Training Center
Course for Cooks
Camp Barkeley, Texas

DETAILED PROGRAM

| | | Total | Week | | | | | | | |
|------------------------------------|---------------------------|----------------------------|------|--------------------------|---|----|----|------|------|----|
| | | Hours: | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| I. Academic Orientation | :Current policies, | : 1 | : 1 | : | : | : | : | : | : | : |
| | :practices & forms, | : | : | : | : | : | : | : | : | : |
| | :post, camp, & station | : | : | : | : | : | : | : | : | : |
| | :TM 10-205; TM 10-405; | : | : | : | : | : | : | : | : | : |
| | :FM 21-50 | : | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| II. Mess Management | :Par 14 AR 40-205; TM | : 13:11:2 | : | : | : | : | : | : | : | : |
| | :10-205; Par 4-15, 70- | : | : | : | : | : | : | : | : | : |
| | :75 TM 10-405; AR 245-5 | : | : | : | : | : | : | : | : | : |
| | :FM 21-10; AR 40-590; | : | : | : | : | : | : | : | : | : |
| | :Par 1-92 TM 10-210; FM | : | : | : | : | : | : | : | : | : |
| | :21-40 | : | : | : | : | : | : | : | : | : |
| III. Nutrition | :Par 5-12, 66-69, Sec I, | : 9 | : | :9 | : | : | : | : | : | : |
| | :Ch 2, Sec II TM 10-405 | : | : | : | : | : | : | : | : | : |
| | :TM 10-205; AR 30-2210; | : | : | : | : | : | : | : | : | : |
| | :WD Cir 158, 1944; FM | : | : | : | : | : | : | : | : | : |
| | :10-5; FM 10-10 | : | : | : | : | : | : | : | : | : |
| IV. Food Preparation | :Par 1-4, 31-65, 75 Sec | :30 | : | :1:12:12: 5: | : | : | : | : | : | : |
| | :I, II, III, IV Ch. 1 & | : | : | : | : | : | : | : | : | : |
| | :2, Sec 6, Recipes, TM | : | : | : | : | : | : | : | : | : |
| | :10-405; TM 10-205; | : | : | : | : | : | : | : | : | : |
| | :OCMG Cir Ltr. 375 | : | : | : | : | : | : | : | : | : |
| | :Par 4-20, 56-64, Sec II: | : | : | : | : | : | : | : | : | : |
| | :III, IX TM 10-410; TM | : | : | : | : | : | : | : | : | : |
| | :10-411 | : | : | : | : | : | : | : | : | : |
| V. Meat Cutting | :Par 18-32 TM 10-405; | : 15: | : | : | : | :7 | :8 | : | : | : |
| | :App I, P. 67. TM 10- | : | : | : | : | : | : | : | : | : |
| | :407; Par 15, TM 10-408 | : | : | : | : | : | : | : | : | : |
| VI. Field Kitchens and Equipment | :FM 5-20, 5-20A, 5-20B | : 16: | : | : | : | : | :4 | :12: | : | : |
| | :5-20C; FM 8-40; FM 10-5: | : | : | : | : | : | : | : | : | : |
| | :FM 21-10; TM 10-420; | : | : | : | : | : | : | : | : | : |
| | :TM 10-205; Par 76-82, | : | : | : | : | : | : | : | : | : |
| | :TM 10-405; Cir #'s 52, | : | : | : | : | : | : | : | : | : |
| | :123, 143, 307, 312, 318: | : | : | : | : | : | : | : | : | : |
| | :WD, 1943; Cir #24, WD | : | : | : | : | : | : | : | : | : |
| | :1944 | : | : | : | : | : | : | : | : | : |
| VII. Dehydrated Foods | :Par 1-25, TM 10-406 | : 12: | : | : | : | : | : | : | :12: | : |
| | : | : | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Total Theoretical Hours | : | :96 | :12: | 12:12:12:12:12:12:12:12: | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Practical Cooking in Kitchen | : | :288:36:36:36:36:36:36:36: | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Makeup, Review and Test Time | : | : 32:4 :4 :4 :4 :4 :4 :4 : | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Concurrent Basic Military Training | : | : 56:7 :7 :7 :7 :7 :7 :7 : | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Army Orientation Course | : | : 8 :1 :1 :1 :1 :1 :1 :1 : | : | : | : | : | : | : | : | : |
| | : | : | : | : | : | : | : | : | : | : |
| Grand Total | : | :480:60:60:60:60:60:60:60: | : | : | : | : | : | : | : | : |

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| | | | : HOURS : PLAN |
| | | | : : PAGE |

| | | | | | |
|---|---|---|-------------------------|---|---|
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| | | 1 | | | 9 |

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| 1 | 2 | 2 | Duties & Discipline of Mess Personnel | | 11 |
| 1 | 3 | 2 | Kitchen Management and Administration | | 12 |
| 1 | 4 | 2 | Care & Operation of M1937 Field Range | | 13 |
| 1 | 5 | 1 | Care of Mess Equipment | | 15 |
| 1 | 5 | 1 | Storage of Equipment & Inspection of Mess Halls | | 16 |
| 2 | 6 | 1 | Inspection and Storage of Food | | 26 |
| 1 | 7 | 2 | Methods of Economy (1) | | 17 |
| 2 | 8 | 1 | Methods of Economy (2) | | 19 |

III. NUTRITION 9

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| 2 | 2 | 2 | Menu Making & Checking | | 21 |
| 2 | 3 | 2 | Study of Recipes | | 22 |
| 2 | 4 | 1 | Ration (1) | | 23 |
| 2 | 5 | 1 | Ration (2) | | 24 |
| 2 | 6 | 2 | Ration (3) | | 25 |

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| 3 | 3 | 2 | Preparation of Foods for Cooking | | 30 |
| 3 | 4 | 1 | Breakfast Foods | | 31 |
| 3 | 5 | 1 | Beverages and Their Preparation | | 33 |
| 3 | 6 | 1 | Dairy Products | | 35 |
| 3 | 7 | 1 | Fish and Shell Fish | | 37 |
| 3 | 8 | 1 | Poultry Cookery | | 38 |
| 3 | 9 | 2 | Preparation of Soups, Gravies and Sauces | | 41 |
| 4 | 10 | 2 | Salads, Desserts and Their Preparation | | 42 |
| 4 | 11 | 2 | Vegetable Cookery | | 44 |
| 4 | 12 | 2 | Fresh and Citrus Fruits | | 45 |
| 4 | 13 | 2 | Sandwich Making | | 46 |
| 4 | 14 | 2 | Meat Cookery | | 48 |
| 4 | 15 | 2 | Meat Carving and Serving | | 49 |
| 5 | 16 | 2 | Methods of Thawing Frozen Foods | | 50 |
| 3 | 17 | 1 | Spices, Condiments and Flavoring Extracts | | 39 |
| 5 | 18 | 1 | Pastry Baking (1) | | 51 |
| 5 | | | Pastry Baking (2) | | 52 |
| 5 | 19 | 2 | Pastry Baking (3) | | 53 |

V. Meat Cutting 15

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| 5 | 4 | 2 | Cutting lamb, Pork and Veal (1) | | 58 |
| 6 | 5 | 2 | Cutting lamb, Pork and Veal (2) | | 59 |
| 6 | 6 | 2 | Fresh Meat Cuts and Their Use | | 61 |
| 6 | 7 | 1 | Frozen Meats | | 62 |
| 6 | 8 | 1 | Meat Specialties | | 63 |
| 6 | 9 | 2 | Smoked, Cured and Prepared Meats | | 64 |

* Fifty minutes of this class will not be counted as part of the 96 hours of instruction but will be regarded as make-up review and test time

VI. FIELD KITCHEN AND EQUIPMENT

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| 7 | 12 | 2 | Field Cookery (4) | 81 |
| 7 | 13 | 2* | Baking in the Field | 84 |

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12

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| 8 | 2 | 2 | Advantages of Dehydrated Food (1) | 87 |
| 8 | 3 | 1 | Advantages of Dehydrated Food (2) | 89 |
| 8 | 4 | 1 | Dehydrated Vegetable & Their Reconstitution (1) | 90 |
| 8 | 5 | 2 | Dehydrated Meats and Their Reconstitution | 92 |
| 8 | 6 | 2* | Final Examination | 93 |
| 8 | 7 | 2 | Misc Foods and Their Reconstitution | 94 |
| 8 | 8 | 2 | Dehydrated Vegetable & Their Reconstitution (2) | 96 |
| 8 | | 1* | Complete meal of Dehydrated Food | 97 |
| 8 | | 1* | Graduation | 98 |

* Fifty minutes of this class will not be counted as part of the 96 hours of instruction and will be regarded as make-up review and test time.

ARMY SERVICE FORCES
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MASTER SCHEDULE-----COOKS

DAY

First Week

| | | | | |
|-------|---|----------------------------------------------------------------|----|---------------------------------------------------------------------------------|
| Mon | : | Introduction to course and Orientation Lecture | 2* | Training Regulation #12 Trainee--Student Regulations |
| | : | Personal Hygiene and Sanitation | 1 | Par 70, 74-78, TM 10-208; Par 70 TM 10-405 |
| Tues | : | Duties and Discipline of Mess Personnel | 2 | Par 7-9, Sec II, TM 10-205 Par 70-75, TM 10-405 |
| Wed | : | Kitchen Management and Administration | 2 | Par 70-75, Sec VI, TM 10-405 Sec III-XI, TM 10-205 |
| Thurs | : | Care and Operation of M 1937 Field Range | 2 | Par 78, TM 10-405 |
| Fri | : | Storage and Care of Mess Equipment and Inspection of Mess Hall | 2 | TM 10-405; AR 40-206, AR 40-590 AR 245-5; FM 21-10, Par 71, TM 10-205 |
| Sat | : | Methods of Economy (1) | 2 | TM 10-205, NLS & MB Charts, Par 75-82, TM 10-405, WD Tng Cir 118, 2 Nov 1943 |

Second Week

| | | | | |
|-------|---|-------------------------------------|---|------------------------------------------------------------------------------------------------------------------|
| Mon | : | Methods of Economy (2) | 1 | TM 10-205; WD Tng Cir 118, 2 Nov 1943; NLS & MB Chart |
| | : | Elements of Nutrition | 1 | Par 17-24, Sec II TM 10-405; NLS & MB Lecture; Foodstuffs Mimeo |
| Tues | : | Menu Making and Checking | 2 | Sec II TM 10-405 |
| Wed | : | Study of Recipes | 2 | Sec I, Ch 2, Sec II, TM 10-405 |
| Thurs | : | Rations (1) | 1 | Par 66-69, TM 10-405; Extract QM Notes on Rations; TM 10-205 |
| | : | Rations (2) | 1 | TM 10-405, Par 8-15, TM 10-205; TM 10- 379, Chap III, IV & V, "Issuing Meat by the Unit Supply"; TM 10-215 |
| Fri | : | Rations (3) | 2 | WD Cirs 158 & 171; TM 10-205; TM 10-405 |
| Sat | : | Inspection and Storage of Foods | 1 | Par 34-53, TM 10-205; Par 1-15, TM 10- 405; Par 1-92, TM 10-210; FM 21-40 |
| | : | Principles and Practices of Cooking | 1 | Par 1-4, Sec IV, Ch 1, Par 51-55, 64, TM 10-405; TM 10-410; TM 10-411 |

Third Week

| | | | | |
|-------|---|-------------------------------------------|---|----------------------------------------------------------------------------------------|
| Mon | : | Principles and Practices of Cooking | 2 | Sec 1, Par 51-54, Sec IV, Par 43, TM 10-405; Par 25, Sec V, TM 10-205, TM 10-406 |
| Tues | : | Preparation of Food for Cooking | 2 | Par 51-55, TM 10-405; Par 54-61, TM 10-205 |
| Wed | : | Breakfast Foods | 1 | TM 10-405, Par 5, 9, 38 & 41 |
| | : | Beverages | 1 | Par 39-65, TM 10-405, TB 10-405-1 and Mimeo |
| Thurs | : | Dairy Products | 1 | Par 35 & 36 TM 10-405 |
| | : | Fish and Shell Fish | 1 | Par 33 & 59, TM 10-405; TM 10-412 |
| Fri | : | Poultry Cookery | 1 | Par 34 & 58, TM 10-405, FS 8-55 |
| | : | Spices, Condiments and Flavoring Extracts | 1 | Par 40-50 & 55, TM 10-405 |
| Sat | : | Preparation of Soups, Gravies and Sauces | 2 | Par 61 & 62, TM 10-405; Sec XVI & XVII, TM 10-412 |

* Fifty minutes of this class will not be counted as part of the 96 hours of instruction but will be regarded as make-up review and test time.

MASTER SCHEDULE---COOKS (Continued)

| DAY | LESSON TITLE | HOURS | STUDENT'S REFERENCES |
|--------------------|----------------------------------------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Fourth Week</u> | | | |
| Mon | Salads, Desserts and Their Preparation | 2 | Par 47 & 63, TM 10-405; Sec VI & XIV TM 10-412 |
| Tues | Vegetable Cookery | 2 | Par 37, 43, 60 TM 10-405; Mimeo on Frozen Vegetables; Sec 18, TM 10-412 |
| Wed | Fresh and Citrus Fruits | 2 | Par 43, TM 10-405; Canned Food Manual; Pamphlet on Quick Frozen Fruits and Vegetables; Sec X, TM 10-412 |
| Thurs | Sandwich Making | 2 | Memo extract from QM Handbook; Par 30 WD Cir 277, 20 Aug 1942; TM 10-412 |
| Fri | Meat Cookery | 2 | TM 10-405, Par 51, 56, 61 & 62; Meat Ref Manual: NLS & MB**Par 32, 91, |
| Sat | Meat Carving and Serving | 2 | Par 56 & 64 TM 10-405 |
| | Examination | 1* | All previous references |
| <u>Fifth Week</u> | | | |
| Mon | Methods of Thawing Frozen Foods | 2 | Mimeographed booklet on "Quick Frozen Fruits and Vegetables"; Tng Serv Journal Vol 14 #15, 14 April 1944; Par 31 & 60 TM 10-405; OQMC Cir Ltr 375; Sec 18, TM 10-412 |
| Tues | Pastry Baking (1) | 2* | Par 64, TM 10-405; Par 13-20, Sec III, Par 56 & 64, Sec IX, TM 10-410; TM 10-411 |
| Wed | Pastry Baking (2) | 2 | Par 64, TM 10-405; Sec VI, TM 10-411, TM 10-410 |
| Thurs | Use and Care of Meat Cutting Tools | 1 | Par 18, 19 TM 10-405; Par 15, TM 10-408 |
| | Cutting Beef (1) | 2 | Par 19-21, TM 10-405; TM 10-407 |
| Fri | Cutting Beef (2) | 2 | Par 19-21, TM 10-405; TM 10-407 |
| Sat | Cutting Lamb, Pork & Veal (1) | 2 | Par 22-25, TM 10-405; TM 10-406 |
| <u>Sixth Week</u> | | | |
| Mon | Cutting Lamb, Pork & Veal (2) | 2 | Par 22-25, 28 & 29, TM 10-405; TM 10-408; TM 10-407 |
| Tues | Fresh Meat Cuts and Their Uses | 2 | Par 16, 17, 21, 24, 25 TM 10-405; TM 10-407; TM 10-408 |
| Wed | Frozen Meats | 1 | Par 31, TM 10-405; App II Par 67, TM 10-407 |
| | Meat Specialties | 1 | Par 30, TM 10-405 |
| Thurs | Smoked, cured and prepared meats | 2 | Par 26, 27, 32, TM 10-405; NLS & MB Chart |
| Fri | Field Sanitation (1) | 2 | Par 76-82, TM 10-405; Chap V & VII, FM 8-40; Sec V, Annex 1 & 2 Sec II, Chap VIII FM 21-10; TR #6, Annex 1 & 2, ASFTC, Par 88 TM 10-205 |
| Sat | Field Sanitation (2) | 1 | Par VI, Chap V, Tm 21-10; Par 15, 16, TM 10-420; Chap 3 & 7, TM 8-40; TM 5-295 |
| | Field Sanitation (3) | 1 | TM 5-267, Supplement 1-5; Notes From Camouflage Course, Ft. Belvoir, Va., FM 5-20; FM 5-20B; FM 5-20C |
| | Examination | 1 | All Previous References |

* Fifty minutes of this class will not be counted as part of the 96 hours of instruction but will be regarded as make-up review and test time

MASTER SCHEDULE-----COOKS (continued)

| DAY | LESSON TITLE | HOURS | STUDENT'S REFERENCES |
|---------------------|-----------------------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Seventh Week</u> | | | |
| Mon | : Field Equipment (1) | 1 | Par 78, TM 10-405; Your Army Field Range; Sec IX, TM 10-205 |
| | : Field Equipment (2) | 1 | Par 76-77, TM 10-405; Par 92, TM 10-205 |
| Tues | : Field Equipment(3) | 2 | Par 78, TM 10-405; Your Army Field Range; Sec IX, TM 10-205 |
| Wed | : Field Equipment(4) | 2 | Par 28, 29 Sec VIII WOTC 36, 1943; Mimeo, Army Field Range #5, QM 7 Misc 4; Mimeo on Operation of Instant Lighting two burning Gasoline Lanterns |
| Thurs | : Field Cooking (1) | 1 | Par 87, Sec IX TM 10-205; Tng Service Journal, 9 June 1944 |
| | : Field Cooking (2) | 1 | Par 36-37, FM 7-30, 1942 |
| Fri | : Field Cooking (3) | 1 | Par 76-82, TM 10-405; Par 89-92 TM 10-205 |
| | : Field Cooking (5) | 1 | Par 76-82, TM 10-405 |
| Sat | : Field Cooking (4) | 2 | TM 3-220, Par 65d (1) - (8) |
| | : Baking in the Field | 2* | TM 10-405; TM 10-205; QM Service Tng Journal, Vol 4, "20, May 1944; Vol 5 #2, July 1944 |

Eighth Week

| | | | |
|-------|------------------------------------------------------|-----|-----------------------------------------------------------------------------|
| Mon | : Methods of Preserving Food | 2 | Par 1, TM 10-406; Conference Bul #1, #2 OQMG; Canned Food Manual, Tm 10-405 |
| Tues | : Advantages of Dehydrated Food (1) | 2 | Par 2, TM 10-406; Conference Bul #3, OQMG |
| Wed | : Advantages of Dehydrated Food (2) | 1 | Par 2, TM 10-406; Conference Bul #3, OQMG |
| | : Dehydrated Vegetables and their reconstitution (1) | 1 | Par 3, TM 10-406 |
| Thurs | : Dehydrated Meats and reconstitution | 2 | Par 21-25, TM 10-406 |
| | : Final Examination | 2** | All Previous References |
| Fri | : Misc Foods and their Reconstitution | 2 | Par 17-21, Ch 4, TM 10-406; Conference Bulletin 6, 9, 10, OQMG |
| Sat | : Dehydrated Vegetables and their Reconstitution (2) | 2 | Par 3 TM 10-406 |
| | : Complete Meal of Dehydrated Food | 1* | TM 10-406 |
| | : Graduation | 1* | None (turn in texts) |

* Fifty minutes of this class will not be counted as part of the 96 hours of instruction but will be regarded as make-up review and test time.

** Time for Final Examination is not included in the allotted 96 hours.

SUBJECT : Academic Orientation

TITLE OF PERIOD : Introduction to Course and Orientation Lecture.

TEXT REFERENCES : Training Regulation #12
Trainee—Student Regulations

INSTRUCTION AIDS : Commandant of School, Training Officer, Senior
Personnel : Instructor, Class Instructor and 2 Assistants
Equipment : ~~None~~ All Manuals; Mimeograph material and Student
Declaration Sheets; Standard Classroom Equipment.
Transportation) :
Requirements) : None

TRAINING EQUIPMENT : Notebook & Pencil

LESSON PLAN

1 PERIOD *2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Conference |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| * | Fifty minutes of this class are not counted as part of the 96 hours of classroom instruction but as a part of "make-up, review and test time". |
| 10 | I. Check Classification Roster. (Classroom instructor) Call the roll from this roster to see that all men assigned to course are present. Find out if possible where absentees are. |
| 30 | II. Sign Student Declarations. (Classroom instructor and assistants) Each student must fill out the Student Declaration completely and accurately. (Use the group performance method for completion of this form. |
| 10 | III. Issue Books and Mimeos. (Classroom instructor and assistants). Books and mimeos should be ready for issue to students before the class assembles. By assembling one of each of the various books and mimeos and having them ready for issue to the students time will be saved and confusion should be eliminated. Make sure that all equipment issued to students is signed for by the students. |
| 20 | IV. Welcome to students and explanation of duties and requirements as students. A. The Commandant welcomes the students to school and explains briefly their purpose in being there. B. The Training Officer will explain the rules of the school and the requirement of the students, covering carefully the following items: 1. Uniform 2. Cleanliness 3. Military courtesy & discipline 4. Hours of study 5. Application to duty and amount of necessary study 6. Care of school equipment and manuals. 7. School disciplinary action 8. Methods of grading |
| 30 | V. Assignments to Shifts and Kitchens (classroom instructor) The "shift" method of operation should be explained to the students. Every effort must be made to be positive that all students understand when, where and how he is to receive his instruction;; classroom, practical and basic. Also, all questions the student may have concerning the specialist course should be satisfactorily answered at this time. |

SUBJECT : Mess Management

TITLE OF PERIOD : Personal Hygiene and Sanitation

TEXT REFERENCES : Par 70, 74-78 TM 10-205; Par 70 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; TF 8-155; Projector and Screen; Folic #18A

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

1 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 2 | I. Introduction A. Why personal hygiene and sanitation is of the utmost importance in the Army. B. Examples of delays in training, morale of the men and actual battles and wars lost for lack of hygiene. | |
| 2 | II. General A. How intestinal diseases are transmitted B. The basic control measures 1. Water purification 2. Food protection 3. Waste disposal 4. Control of house flies | |
| 10 | III. Personal hygiene A. Responsibility of the organization commander B. Food handler working in messes will keep themselves scrupulously clean at all times C. The uniform of the food handler D. Food handlers will habitually wash their hands and clean their fingernails at frequent intervals E. Action taken when food handler has any type respiratory disease F. Food Handlers Certificate | |
| 36 | IV. Show training film 8-155 | |

SUBJECT : Mess Management.

TITLE OF PERIOD : Duties and Discipline of Mess Personnel

TEXT REFERENCES : Par. 7-9, Sec II, TM 10-205, Par. 70-75, TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : PS 10-97, 10-98, Projector, Screen, Standard Class room Equipment, Folio #18, #18A

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & pencil

LESSON PLAN :

2 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 2 | I. Introduction | |
| | A. The objective of Mess management is the proper preparation of nutritious food served in sufficient quantity to assure ample portions for every man. | |
| 12 | II. Food as a morale builder | |
| | A. Three M's, Mess-Mail-Money. | |
| | B. Best of raw foods sent to mess | |
| | 1. Should result in best meals. | |
| 25 | III. Ideal Messing Conditions | |
| | A. Qualified mess personnel | |
| | B. Film Strips 10-97, 10-98 | |
| 55 | IV. Duties and Discipline of Mess Personnel | |
| | A. Mess Officer--must be fully aware of his responsibility for a high standard of physical fitness and morale among the troops; must be familiar with the following: | |
| | 1. Duties of his subordinates | |
| | 2. Supervision of personnel. | |
| | 3. Nutritional requirements | |
| | 4. Inspection and storage of subsistence. | |
| | 5. Methods of cooking and preparation. | |
| | 6. Mess sanitation and accounting. | |
| | B. Mess Sergeant. Keyman in the organization. | |
| | 1. He should be a leader | |
| | 2. He must be familiar with all phases of cooking. | |
| | 3. Know the following: | |
| | a. Inspection and storage of food | |
| | b. Nutrition and menu preparation | |
| | c. Mess sanitation and care of equipment | |
| | 4. Working knowledge of mess accounts and records. | |
| | C. Cooks. | |
| | 1. Possess initiative | |
| | 2. Conscientious | |
| | 3. Thorough knowledge of cookery | |
| | 4. Capable of directing work in the kitchen. | |
| | 5. Assistant to mess sergeant | |
| | D. Baker | |
| | E. Dining Room Orderly | |
| | F. Kitchen Police. | |
| 3. | V. Questions. | |
| 3 | VI. Assignment of next day's lesson. | |

SUBJECT : Mess Management

TITLE OF PERIOD : Kitchen Management and Administration

TEXT REFERENCES : Par. 70-75 Sec VI TM 10-405; Sec III-XI TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Folio #18, #18A

TRANSPORTATION):

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

3 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------------------------|---------|
| 3 | I. Introduction - The necessity for having a definite plan of work in cooking. | |
| 50 | II. Four steps in planning of cooking | |
| | A. Menu | |
| | 1. Study menu in advance | |
| | 2. Know the time required to complete menu | |
| | 3. Refer to cook book for recipes | |
| | 4. Well laid plan to prepare the meal | |
| | B. Preparation (assembling of foods) | |
| | 1. Have all necessary equipment at hand | |
| | 2. Assemble all ingredients needed for preparation | |
| | 3. Regulate stoves | |
| | 4. Stress time saving factors | |
| | 5. Reduce number of utensils used | |
| | C. Cooking (actual preparation) | |
| | 1. Remember how it was prepared before | |
| | 2. Try to improve over the last preparation | |
| | 3. Be alert, watch others for time and labor saving methods. | |
| | 4. Prepare first, foods that require longer cooking | |
| | 5. Know type of heat cookery required for food | |
| | 6. Seasoning of foods | |
| | 7. Avoid over cooking | |
| | 8. Use of too much liquids in cooking | |
| | D. Serving | |
| | 1. Two methods of serving in Army Mess | |
| | a. Cafeteria style | |
| | b. Family style | |
| | c. Advantage and disadvantage of this method | |
| | d. Serving | |
| | e. Equal distribution | |
| | f. Garnishing | |
| | g. Instructions to serving personnel | |
| 10 | III. Cleanliness of personnel | |
| | A. Haircut, nails, clothing | |
| 12 | IV. Inspection of foods | |
| | A. For quality | |
| | B. For quantity | |
| 20 | V. Mess accounting (very briefly) | |
| | A. How rations are drawn | |
| | B. Blotter records | |
| | C. Computation of Garrison rations | |
| | 1. Comparison with field rations | |
| 3 | VI. Questions | |
| 2 | VII. Assignment of next days lesson. | |

SUBJECT : Mess Management

TITLE OF PERIOD : Care and Operation of M1937 Field Range

TEXT REFERENCES : Par 78, TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; TF 10-1104, 10-1105, Screen, Projector, breakdown board, M1937 Fire Unit

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

4 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Training Film | |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------------|
| | | Lecture | Demonstration |
| 5 | I. Introduction <ul style="list-style-type: none"> A. History of manufacture B. Its place in modern warfare C. Its construction D. Its importance to the students | | |
| 10 | II. Description <ul style="list-style-type: none"> A. Principal parts <ul style="list-style-type: none"> 1. Cabinet 2. Pots 3. Fire Unit 4. Roasting pan 5. Cradles for pots <ul style="list-style-type: none"> a. Graphite 6. Splash Lids 7. Wood burning grate 8. Sheet pans 9. Tool Box B. Positions of fire unit for cooking (3) <ul style="list-style-type: none"> 1. Boiling 2. Deep fat frying 3. Roasting 4. Baking 5. Griddle 6. Use of wood burning grate for emergency cooking | | |
| 13 | III. Care of Range <ul style="list-style-type: none"> A. Cleaning of cabinet <ul style="list-style-type: none"> 1. Materials used B. Cleaning of Fire Unit <ul style="list-style-type: none"> 1. Point out the principal parts 2. Mirror and shield 3. Burner arms 4. Generator and filter case <ul style="list-style-type: none"> a. Filter disc b. Graphite 5. Fuel valve 6. Flame valve C. Use of tools | | |
| 7 | IV. Gasoline (Emphasis on safety precautions) <p style="text-align: center;">DEMONSTRATION:</p> <ul style="list-style-type: none"> A. Types used <ul style="list-style-type: none"> 1. Lead B. Mixture of air and gasoline C. Flow of gas through the fire unit <ul style="list-style-type: none"> 1. Refueling 2. Tank 3. Tubes 4. Generator 5. Flame and fuel valve | | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| 18 | V. Operation of the Fire Unit A. Close all valves B. Refueling C. Air pressure D. Lighting procedure E. Some of the common errors made |
| 5 | VI. Conversion type burner - point out principal changes |
| 37 | VII. Show TF 10-1104, 10-1105 |
| 3 | VIII. Questions |
| 2 | IX. Assignment of lesson for next day |

SUBJECT : Mess Management

TITLE OF PERIOD : Storage and care of Mess Equipment and Inspection of Mess Halls

TEXT REFERENCES : TM 10-405; Ar 40-205, Ar 40-590, Ar 245-5, Fm 21-10 par 71 Tm 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

REQUIREMENT : Standard Classroom Equipment, FS projector, Screen; FS 8-60, Folio

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINER'S EQUIPMENT : Notebook & Pencil

LESSON PLAN :

5 PERIOD 2 HOURS (DURATION) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Introduction A. Why are messes inspected? 1. To see that men get an adequate amount of good wholesome food 2. To insure maintenance of high standard of sanitation 3. To see that government property is properly used and maintained 4. To check the efficiency of mess personnel | |
| 5 | II. Exterior of mess hall A. Garbage rack 1. Should be thoroughly clean--no garbage spilled on rack or ground 2. All garbage properly separated, all cans covered, cans not filled within four inches of top 3. Surrounding area should be carefully policed B. Fly control 1. Have at least one suitable fly trap at each entrance and at least one on garbage rack. These traps will be baited with fermented bait only. Change bait frequently. | |
| 10 | III. Storage A. Storeroom 1. Checked for ventilation, coolness, light, cleanliness, insect infestation, to see that old stock is used first and that all food is stored on shelves or damage. B. Refrigerator 1. Must be clean, orderly, and sweet-smelling 2. Must not be overloaded 3. All food will be stored to insure maximum air circulation 4. Carcass meat should be hanging on hooks; pieces not touching 5. All food except meat and fresh vegetables should be kept covered 6. Keep doors closed; avoid continual trips to refrigerator 7. Keep foods that give off strong odors and those that absorb odors separated if possible. 8. Maintain 42° F. temperature as a maximum in mechanical refrigerator and maximum temperature of 50° F. for ice-cooled boxes. | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10 | IV. Care of equipment <ul style="list-style-type: none"> A. Standard kitchen equipment B. Auxiliary appliances <ul style="list-style-type: none"> 1. Slicing machines 2. Grinders 3. Choppers 4. Mixing machines 5. Potato peeler |
| 25 | V. Kitchen <ul style="list-style-type: none"> A. Ranges <ul style="list-style-type: none"> 1. Army Range #5 <ul style="list-style-type: none"> a. Explain proper method of firing; <u>CAUTION:</u> Fire from front only - check damper frequently when fire is started - do not overheat. b. Keep ranges clean and free from excess grease. 2. Army Gas Range <ul style="list-style-type: none"> a. Explain operation of this range; lighting, regulation of heat, cleaning procedure. b. Do not attempt to repair this range - make report to proper agency. B. Utensils <ul style="list-style-type: none"> 1. Black iron pots and pans <ul style="list-style-type: none"> a. Explain proper method of blueing in and re-blueing 2. Metal platters, pitchers, basting spoons, etc. <ul style="list-style-type: none"> b. Keep clean, free from grease. 3. Knives <ul style="list-style-type: none"> a. Cooks are responsible for kitchen knives. So do not soak in water - handles will be damaged. Store in suitable rack. |
| 10 | VI. Washing of silver and dishes <ul style="list-style-type: none"> A. Must be washed according to AR 40-205 with no exceptions. B. Units using mess gear must also follow AR 40-205; (Instructors should be familiar with this AR) |
| 10 | VII. Dining Room <ul style="list-style-type: none"> A. Dining room tables <ul style="list-style-type: none"> 1. Clean, free from food particles and chewing gum. B. Dining room floors <ul style="list-style-type: none"> 1. Cleaned after each meal 2. Free from grease and food particles 3. Check cracks in floor C. Food handlers examinations <ul style="list-style-type: none"> 1. Must be renewed each 30 days on all permanent Food Handlers. 2. Copy of this report must be posted in mess hall at all times. |
| 15 | VIII. Show FS 8-60 |
| 8 | IX. Questions |
| 2 | X. Assignment of next days lesson. |

SUBJECT : Mess Management

TITLE OF PERIOD : Methods of economy (1)

TEXT REFERENCES : TM 10-205, NLS & MB Charts, Par 75-82 TM 10-405,
WD Tng Cir 118, 2 Nov 1943

INSTRUCTIONAL AIDS

PERSONNEL : Classroom Instructor

EQUIPMENT : Baloptican, Screen and FS 10-123; FS 10-127; Standard
classroom equipment 16mm Projector - TF 10-1291, Folio #7

TRANSPORTATION }
REQUIREMENTS } : None

TRAINEE'S EQUIPMENT: Notebook & Pencil

LESSON PLAN :

7 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Tng Film Lecture Film Strip |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 10 | <p>I. Causes of Food Wastes in the Army</p> <p>A. Drawing of rations when men were absent from meals</p> <p>B. Disliked Foods</p> <ol style="list-style-type: none"> 1. Disliked foods can be made acceptable by trying different methods of preparation 2. By informing the men of the importance of proper diet <p>C. Deficiencies in mess management</p> <ol style="list-style-type: none"> 1. Letting food spoil by improper storage 2. Poor preparation of food which will result in loss of much nutritive values 3. Improper cooking which will result in food being less palatable 4. Improper serving methods which will spoil the appearance of a meal 5. Not utilizing leftovers | |
| 20 | <p>II. Methods of Controlling Food Wastes</p> <p>A. Get proper amount of rations. Do not overdraw</p> <p>B. Take into consideration local functions, weekends, payday, or anything which may result in men being absent from meals</p> <p>C. Handle food carefully and avoid bruising</p> <p>D. Store perishables in refrigerator immediately to keep from spoiling</p> <p>E. No food should be removed from storage until time for preparation or cooking</p> <p>F. Don't prepare more than needed for the meal</p> <p>G. Take care not to prepare too far in advance</p> <p>H. Use G.I. methods of boning meat. It will keep waste to a minimum</p> <p>I. Use all bones for stocks or seasoning</p> <p>J. Excess fats should be rendered and utilized to the best advantage</p> <p>K. Celery tops and other vegetable trimmings should be used for soups, stew, etc.</p> <p>L. Never overcook foods</p> <p>M. Use liquids from canned foods for gravies, stocks, etc.</p> <p>N. Use imagination when cooking, Don't make meals monotonous</p> | |
| 15 | <p>III. Serving Meals Properly</p> <p>A. Serve food hot or cold as intended</p> <p>B. Don't be sloppy when serving cafeteria style</p> <p>C. Try and garnish food to add attractiveness or eye appeal</p> <p>D. Don't allow men to take more than they can eat</p> <p>E. Utilize leftovers by combining with other foods and</p> | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------|---------|
| | using at next meal or as soon as possible (within 24 hrs) | |
| 10 | IV. Mess Hall Technique | |
| | A. Make a dining room out of the mess hall by installing: | |
| | 1. Curtains | |
| | 2. Pictures | |
| | 3. Music | |
| | 4. Paint (where regulations permit) | |
| | B. Allow smoking in the mess hall | |
| | 1. Provide necessary ash trays | |
| | 2. Allow men to linger over food, talk or read mail | |
| 45 | V. Show FS 10-123, 10-127 & TF 10-1291 | |

SUBJECT : Mess Management

TITLE OF PERIOD : Methods of Economy (2)

TEXT REFERENCES : TM 10-205; WD Tng Cir 118, 2 Nov 1943; NLS & MB Chart

INSTRUCTIONAL AIDS

PERSONNEL : Classroom instructor

EQUIPMENT : Projector, screen, FS 10-122, FS 10-123, Cook's Worksheet for each student, Folio #7

TRANSPORTATION):

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

8 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Film Strip Application |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 5 | I. Introduction A. Reasons for conservation of food 1. Armed forces consumption 2. Percentage of waste 3. Lend lease | |
| 3 | II. Follow menu A. Only necessary changes 1. Balance menu | |
| 5 | III. Head counts A. Draw only the food needed B. Make the count accurately C. Uniform method of counting D. Form to record counts E. Basis for future requisitions | |
| 10 | IV. Cook's Work Sheet A. Why it is used B. Proper method of making entries C. Give each student a blank work sheet 1. Use current menu 2. Instructor will simulate cooking time, waste, etc. 3. Each student will complete the sheet | |
| 5 | V. FS 10-122, 10-223 | |
| 5 | VI. Discussion of the completed work sheets | |
| 2 | VII. Assignment of lesson for next day | |

SUBJECT : Nutrition

TITLE OF PERIOD : Elements of Nutrition

TEXT REFERENCES : Par. 17-24, TM 10-205; Sec. II TM 10-405;
National Live Stock and Meat Board Lecture.
Foodstuffs Mimeo

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : National Live Stock & Meat Board Nutrition Chart,
Standard Classroom Equipment Film Strip Projector,

TRANSPORTATION : Screen, FS 8-52 & FS 8-53 Folio #

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

1 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture FS |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 5 | I. Introduction of Elements of Nutrition A. Why it is important to the soldier B. The emphasis placed on nutrition in the Army Menu | |
| 6 | II. Functions of Foods in the Human Body A. To furnish energy B. To build and repair body tissue C. To regulate body processes | |
| 10 | III. Food Classification (Foods are classified by their functions as well as the nutrients they contain. The six essentials are:) A. Fats B. Carbohydrates C. Proteins D. Minerals E. Vitamins F. Water | |
| 7 | IV. Proper use of the six Essentials A. For adequacy B. For balance C. To retain nutritive value of foods in cooking | |
| 15 | V. Show TF 8-52 and TF 8-53 | |
| 5 | VI. Summary: Stress the proper use of the six essentials and their purpose in the army menu | |
| 2 | VII. Assignment of lesson for next day | |

SUBJECT : Nutrition

TITLE OF PERIOD : Menu Making and Checking

TEXT REFERENCES : Sec II TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Monthly QM Menu, National Livestock & Meat Board nutrition chart, film strip projector, screen - FS 8-52 & 8-127 Folio

TRANSPORTATION } : None

REQUIREMENTS } :

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

2 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 15 | I. Building the Army Menu . . A. Origin B. Buildup C. Rations, contracts and purchases for the menu | |
| 23 | II. The Army Menu A. Nutritional factors of army menu--use nutrition chart B. Balanced and adequate diet 1. Explain the difference between the two terms 2. The necessity that diet be both balanced and adequate C. Substitutions and additions 1. Substitutions and additions 2. Additions must benefit menu D. Importance of variety and originality in menu | |
| 30 | III. Discussion--Instructor will go through a one day menu, item by item, with students discussing nutritional factors--nutrition, volume and bulk (use the National Livestock and Meat Board chart). | |
| 30 | IV. Show Film Strips 8-52 and 8-127 10-127 | |
| 2 | V. Assignment of Next Days Lesson | |

SUBJECT : Nutrition

TITLE OF PERIOD : Study of recipes

TEXT REFERENCES : Sec I, Ch. 2, Sec II, TM 10-405

INSTRUCTIONAL AIDS

PERSONNEL : Classroom instructor

EQUIPMENT : Standard Classroom equipment
Folio #8

TRANSPORTATION): None

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

3 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Discussion |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Introduction A. Recipes are a guide B. Don't be allergic to a new recipe | |
| 15 | II. Recipes A. Always test an untried recipe B. Careful menu planning means studying of recipes C. Furnish variety D. Utilization of all foods 1. Forced issues 2. Unpopular foods E. Food is prepared for the majority F. Methods of preparation G. Time element | |
| 72 | III. The instructor will call on each student to give a recipe for preparation of foods The following list of foods should be covered A. Soups B. Meat dishes C. Gravies and sauces D. Fish & sea food E. Vegetables F. Desserts G. Sweet dough H. Hot breads I. Rolls J. Salads and dressing K. Beverage Check the recipes discussed with the Army Cook Book and discuss the merits of each. | |
| 5 | IV. Left overs A. Never serve a left over in its original form B. Study the possibility of left overs in menu planning C. Serve within 24 hours if possible | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Nutrition

TITLE OF PERIOD : Rations (1)

TEXT REFERENCES : Par 66-69 TM 10-405, Extract QM Notes on Rations, TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, projector, screen, TF 10-1216, Ration Display Boards, Folio

TRANSPORTATION):

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

4 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Visual aids TF |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 10 | I. Garrison Rations A. 39 components B. Computing the cost C. Requisition and issue D. Where and when it is used | |
| 4 | II. Turkey Ration | |
| 8 | III. Field Rations A & B A. Close resemblance of A to Garrison ration 1. Where it is used B. Definition of B Ration 1. Where it is used C. Difference between A & B | |
| 14 | IV. Emergency Rations A. Purpose, use and makeup of C Ration B. Purpose, use and makeup of D Ration C. Purpose, use and makeup of K Ration D. Purpose, use and makeup of 10 in 1 Ration | |
| 12 | V. Show TF 10-1216 | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Nutrition

TITLE OF PERIOD : Rations (2)

TEXT REFERENCES : TM 10-405, Par 3-15, TM 10-205, TM 10-379, Chap III, IV and V, "Issuing Meat by the Unit Supply"

INSTRUCTIONAL AIDS : TM 10-215

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, Film Strip Projector Screen, FS 10-94, 10-95, 10-116, 10-131 Film

TRANSPORTATION) :
REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

5 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strips |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 3 | I. Methods of drawing rations A. Purchase of selected items either at QM or in outside markets (garrison ration) B. Automatic issue from Camp QM (Field Rations) C. Railhead distribution when on maneuvers or in combat. | |
| 22 | II. The ration breakdown A. Two cardinal principles 1. Even distribution 2. Quick delivery. B. In garrison ration distribution 1. All staples direct from units 2. All carcass meat broken down in one of the organizations messes and distributed C. In the field 1. Supplies brought to a railhead, beach head, or truck head. 2. Breakdown to units made from a bulk breakdown point someplace near railhead. 3. Type of distribution a. Railhead or truck head b. Unit distribution c. Dump distribution d. Combination distribution 4. Type of breakdown a. Unit breakdown b. Item breakdown | |
| 20 | III. Show film strips 10-94, 10-95, 10-116, 10-131 | |
| 2 | IV. Questions | |
| 3 | V. Assignment of next day's lesson. | |

SUBJECT : Nutrition

TITLE OF PERIOD : Rations (3)

TEXT REFERENCES : WD Cir 158 and WD Cir 171, TM 10-205 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor

EQUIPMENT : Standard Classroom instructor equip screen, TF 10-1215; 10-1237 Folio

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

6 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-------------------------------------------------|---------|
| 3 | I. Introduction | |
| | A. Reason for Cir. 171 and 158 | |
| 47 | II. Circular 158 | |
| | A. To whom does it apply | |
| | B. Ration request | |
| | C. Basis for issue | |
| | 1. Cir. 171 | |
| | D. Ration cycle | |
| | E. Percentage deduction | |
| | F. Distribution of rations | |
| | G. Inventories | |
| | 1. Turn in of excess supplies | |
| | H. Exhibits | |
| | 1. Exhibit A. | |
| | a. Initiated in the company | |
| | 2. Exhibit B. | |
| | a. Consolidated Ration request | |
| 10 | III. Menu | |
| | A. Method of issue | |
| | B. Value | |
| | C. Nutritionally balanced | |
| | D. Variety | |
| | E. Substitution | |
| 35 | IV. Orientation and showing TF 10-1215, 10-1237 | |
| 3 | V. Discussion of Training Films | |
| 2. | VI. Assignment of lesson for next day. | |

SUBJECT : Mess Management

TITLE OF PERIOD : Inspection and Storage of Foods

TEXT REFERENCES : Par 34-53 TM 10-205; Par 4-15 TM 10-405; Par 1-92
TM 10-210; FM 21-40 21-1

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Folio, Projector, Screen,

TRANSPORTATION):

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT:

LESSON PLAN :

6 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I. Responsibility of inspection of foods received A. Mess Officer B. Mess Sergeant | |
| 10 | II. Storage facilities A. Refrigeration 1. Temperature 2. Ventilation, humidity, air motion 3. Cleanliness B. Storeroom 1. Dunnage 2. Ventilation 3. Shelving 4. Bins | |
| 20 | III. Storage of perishables A. Vegetables 1. Trimming 2. Those vegetables that require refrigeration 3. Avoid over crowding 4. Odorous and non-odorous foods B. Meat and dairy products 1. Proper methods 2. Over crowding 3. Storage of butter and eggs 4. Storage of milk C. Bread and pastry D. Storage of left overs | |
| 12 | IV. Storage of non-perishables A. Canned foods 1. Shelving 2. Rotation 3. Turnover 4. Keep related items together B. Staples C. Condiments | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day. | |

SUBJECT : Food preparation and serving

TITLE OF PERIOD : Principles and Practices of Cooking (1)

TEXT REFERENCES : Pars 1-4 Sec IV Ch 1, Pars 51-55 & 64 TM 10-405,
TM 10-410, TM 10-411

INSTRUCTIONAL AIDS

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment

TRANSPORTATION }:

REQUIREMENTS } : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

1 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I. What is cooking? It is the art of preparing food for the nourishment of the body | |
| 5 | II. Application of heat to food A. Results 1. Hardens protein 2. Breaks down starch cells 3. Increases palatability 4. Kills disease organisms 5. More appetizing B. Temperatures | |
| 7 | III. Briefly relate the different methods of cooking. (They will be covered thoroughly in the second period of this subject) | |
| 30 | IV. Baking--is cooking in dry heat in oven or under coals A. Object of baking 1. Nutritive value consumed 2. Palatability 3. Attractiveness 4. Moral factor B. Classes of bread 1. Fermented a. Plain dough b. Sweet dough 2. Unfermented a. Biscuits, Muffins, corn bread, etc C. Ingredients 1. Flour, hard, soft, and all purpose 2. Yeast, compressed, dehydrated and dry a. Action of yeast in dough D. Fermentation 1. Alcoholic 2. Acetic 3. Lactic E. Shortening 1. Increases nutritive value and flavor 2. Retains freshness longer 3. Tenderness of crust F. Milk 1. Flavor, color and keeping qualities G. Baking powder 1. Leavening agent a. Quick b. Slow H. Eggs | |

SUBJECT : Food preparation and serving

TITLE OF PERIOD : Principles and practices of cooking (2)

TEXT REFERENCES : Sec I, Par 51 thru 54, Sec IV, Par 43, TM 10-405; Par 25, Sec V, TM 10-205; TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : National Livestock & Meat Board Nutrition Charts; Film Strip Projector; Screen, FS 10-97; Standard Classroom Equipment

TRANSPORTATION) : Misc F. 787 Folio #31

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & Pencil

LESSON PLAN

2 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Film Strips and Lecture |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 10 | I. Importance of cooking A. The part it plays in (1) Morale (2) Health B. Purpose of cooking C. Cooking defined D. Show FS 10-97 | |
| 64 | II. Practice of cooking A. Cooking in general 1. Art and skill 2. Variations in cooking times and temperatures 3. Preparation and cooking B. Methods of cooking and terms defined (by question and answer define all terms used in cooking found in Par 52 TM 10-405) C. Use of heat in cooking 1. Temperatures and times 2. Frying 3. Cooking in water 4. Uniformity in food size in cooking 5. Cooking in fat D. Seasoning of foods | |
| 16 | III. Show Misc. F. 787 | |
| 8 | IV. Summary Stress the importance of cooking temperatures, uses of water, and proper seasoning of food. | |
| 2. | V. Assignment of lesson for next day | |

SUBJECT : Food preparation and serving

TITLE OF PERIOD : Preparation of food for cooking

TEXT REFERENCES : Par 51-55 TM 10-405, Par 54-61, TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, Fo projector, screen, FS 8-52 Folio

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

3 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Introduction A. Reasons for advance preparation 1. Element of time 2. Reduce waste 3. Planned routine. | |
| 7 | II. Storage prior to preparation A. Refrigeration B. Storeroom | |
| 50 | III. Preparation A. Inspection of food as to quality and quantity B. Peeling and trimming of vegetables 1. Washing and soaking C. Boning, cutting, and tying meat D. Nutritive value lost E. Recipe to be used F. The length of time before meal G. Seasoning H. Use of water I. Cutting of salads and fresh vegetables J. Functions of food K. Combinations of food | |
| 10 | IV. Preparation for different methods of cooking A. Dry or moist. | |
| 10 | V. Prevention of waste A. Excess trimming due to: 1. Bruises 2. Improper storage 3. No refrigeration 4. Insects | |
| 15 | VI. Show FS 8-52 | |
| 3 | VII. Questions | |
| 2 | VIII. Assignment of lesson for next day. | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Breakfast Foods

TEXT REFERENCES : TM 10-405 Par 5-9-38-41

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor

EQUIPMENT : Standard classroom equipment, Food Charts, California Fruit Growers Exchange Pamphlet, Vitamin Charts.

TRANSPORTATION): Folio #14, #32

REQUIREMENTS): None

TRAINEE'S EQUIPMENT : Notebook and Pencil

LESSON PLAN :

4 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | I. Introduction |
| 10 | II. Importance of a well balanced breakfast <ul style="list-style-type: none"> A. Carbohydrates and fats B. Proteins C. Minerals D. Vitamins |
| 10 | III. Importance of properly prepared breakfast <ul style="list-style-type: none"> A. Palatability B. Nutritionally stable C. Satisfaction |
| 23 | IV. Types of breakfast foods <ul style="list-style-type: none"> A. Fruits <ul style="list-style-type: none"> 1. Fresh 2. Canned 3. Canned fruit juice 4. Use in cereals B. Cereals, hot <ul style="list-style-type: none"> 1. Oatmeal 2. Cream of wheat 3. Farina C. Cereals, dry <ul style="list-style-type: none"> 1. Corn flakes 2. Pep 3. Rice Krispies 4. Bran flakes 5. Shredded wheat D. Meat and egg dishes <ul style="list-style-type: none"> 1. Bacon 2. Ham 3. Ham omelet 4. Fried eggs 5. Scrambled eggs 6. Boiled eggs 7. Creamed chipped beef 8. Plain omelet 9. Brains and eggs 10. Sausage |

SUBJECT : Food preparation and serving

TITLE OF PERIOD : Beverages

TEXT REFERENCES : Par 39-65, TM 10-405, TB 10-405-1 and Mineco

INSTRUCTIONAL AIDS

PERSONNEL : Instructor

EQUIPMENT : Standard Classroom Equipment, Folio #4

TRANSPORTATION):

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

5 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | I. Introduction: A. Beverages very important to army mess B. A great morale builder |
| 5 | II. Kinds of Beverages used in Army Mess A. Coffee B. Tea-hot and cold C. Cocoa-hot and cold D. Lemonade E. Orangeade F. Grapefruitade G. Milk H. Water |
| 34 | III. Making of Different Beverages A. Coffee 1. Most important beverage served in army 2. Coffee furnished to army mess is best of quality B. Rules for making 1. Keep roasted coffee in air tight container a. Loses strength and flavor 2. Use ground coffee only once a. Gives a bitter taste when used more than once b. Never mix part used grounds with part fresh 3. Use fresh boiled water a. Bring cold water to a boil b. Don't let it boil too long, will give flat taste 4. Never have it ready more than 10 minutes before serving a. Loses its flavor--becomes bitter 5. Never make more than for one meal a. Becomes bitter b. Loses flavor and aroma 6. Scour coffee pot after each making 7. Filter bags washed in cold water and let soak in cold water C. Proper Quantities 1. Seven and one half gal of coffee per 100 men 2. Seven and one half gal of water to 3 lbs of coffee 3. Ratio of 1 lb of coffee to every 2½ gals of water D. Methods of brewing 1. Kettle method a. Bring cold water to a boil b. Place coffee in coffee bag leaving room to |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| | <ul style="list-style-type: none"> expand c. Leave it in 12 to 15 minutes-submerge bag with paddle d. Push coffee to back of stove-never let it boil after made 2. Filter or drip method <ul style="list-style-type: none"> a. Bring cold water to boil b. Place coffee in filtrator and run the hot water through <ul style="list-style-type: none"> 1. Run the coffee through the filter the same number of times that you have gal. of water. c. Place to the back of stove--never let it boil 3. Pot method <ul style="list-style-type: none"> a. Bring water to boil b. Pour ground coffee into boiling water c. Stir and let stand 12 to 15 minutes d. Pour small amount of cold water into it to settle grounds E. Tea-iced or hot <ul style="list-style-type: none"> 1. Ratio-one and one-half oz. of tea per gal of water 2. Methods of brewing <ul style="list-style-type: none"> a. Bring cold water to a boil b. Place bag in water-leaving room to expand c. Allow to remain 5 to 7 minutes d. Remove bag and stir tea and serve e. In ice tea use 1/3 amount of water--cool and add rest of water and ice F. Cocoa <ul style="list-style-type: none"> 1. Ratio five oz of cocoa to 1 gal of liquid 2. Method of brewing 50% 50% <ul style="list-style-type: none"> a. A good ratio is 75% milk and 25% water b. Make a thick paste of your cocoa, add sugar c. Bring milk and water to a boil d. Add your chocolate and sugar paste and serve e. For iced, cut down on your water G. Lemonade--orangeade--grapefruitade <ul style="list-style-type: none"> 1. Ratio-to taste of cook 2. Method of making <ul style="list-style-type: none"> a. Remove the juice from fruit b. Add to cold water c. Add sugar and ice to taste | |
| 4 | IV. Care of Equipment <ul style="list-style-type: none"> A. Methods of cleaning B. Cautions in cleaning | |
| 3 | V. Questions | |
| 2 | VI. Assignment of next days lesson | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Dairy Products

TEXT REFERENCES : Par 35 & 36 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; Film Strip Projector
and Screen FS 8-56 Folio #8

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & Pencil

LESSON PLAN

PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 5 | I. Introduction A. Nutrients furnished to diet by dairy products B. An excellent media for growth of harmful bacteria 1. Great care must be given their source 2. Great care must be given their storage 3. Great care must be given their serving | |
| 10 | II. Milk A. Fresh milk 1. Should be served daily 2. Use only pasteurized milk 3. Store at 50° F. or less 4. Use only bottled milk when possible B. Canned milk 1. 50% of water removed when canned 2. Its keeping qualities C. Dried Milk 1. Dry whole milk 2. Dried skimmed milk 3. Storage 4. Methods of reconstitution | |
| 5 | III. Butter A. Importance in diet 1. High calorie content 2. High vitamin A content B. Its proper use in army mess C. Proper storage | |
| 12 7 | IV. Cheese A. Natural cheese B. Processed cheese C. Proper storage | |
| 8 5 | V. Ice cream, ices and sherberts A. Differentiate between them B. Methods of making | |
| | VI. FS 8-56 | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8 | <p>VI. Eggs</p> <p>A. Fresh</p> <ol style="list-style-type: none"> 1. Types 2. Storage 3. Uses in cooking <p>B. Dried</p> <ol style="list-style-type: none"> 1. Dried whole eggs 2. Dried yolks 3. Dried albumen 4. Reconstitution--Methods of reconstituting will be covered in Dehydrated Foods lesson. Mention it very briefly here. |
| 2 | VII. Assignment of next days lesson |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Fish and Shell Fish

TEXT REFERENCES : Par 33, 59 TM 10-405; TM 10-412

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment , Folio #6, Baloptican screen and slides #11A

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

7 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Baloptican slides |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 5 | I. Introduction A. Kinds and types of fish 1. Fresh 2. Frozen 3. Smoked 4. Shell a. Clams b. Oysters c. Shrimp d. Crab | |
| 8 | II. Storage, Inspection and Thawing of Frozen Fish A. How fish is delivered to mess B. Inspection of fish on reception at mess C. Precautions in storage D. Method of thawing frozen fish | |
| 8 | III. Inspection of Fresh Fish A. Eye B. Gills C. Insides D. Firmness | |
| 8 | IV. Methods of preparation for cooking. A. Scaling B. Cleaning C. Boning | |
| 10 | V. Methods of cooking fish A. Pan fry B. Deep fat fry C. Baked D. Broiled | |
| | show Baloptican Slides 11A | |
| 9 | VI. Serving Fish A. Use of lemon juice B. Use of tartar sauce C. Garnishing fish plates D. Hot sauces to use with shell fish | |
| 2 | VII. Assignment of lesson for next day | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Poultry cookery

TEXT REFERENCES : Far 34 & 58 TM 10-405, FS 8-55

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, Film strip projector screen, FS 8-55, 560, 561, Folio #8

TRANSPORTATION) :

REQUIREMENTS)) : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

8 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Classes of Poultry Generally Used A. Chickens 1. Kinds 2. Uses B. Turkey 1. Kinds 2. Uses C. Ducks and Geese 1. Kinds 2. Uses | |
| 5 | II. Grading of Poultry A. Size B. Age C. Color D. Physical Characteristics (spurs, cartilage etc.) | |
| 10 | III. Drawing and Cleaning of Poultry (Step by step description from live state to stove) | |
| 15 | IV. Methods of Cooking Poultry A. Broiling B. Frying C. Roasting D. Stewing or Fricassee | |
| 15 | V. Show FS 8-55, 560, 561 | |
| 2 | VI. Assignment of Next Days Lesson | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Spices, Condiments, and Flavoring Extracts

TEXT REFERENCES : Par 40-50 & 55 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor

EQUIPMENT : Standard classroom equipment, Training Charts Series 7, Folio #7

TRANSPORTATION):

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

17 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 2 | I. Introduction A. Importance in army menu B. Add flavor and increase palatability of meal C. Use carefully, do not waste--Critical item of food in war time | |
| 15 | II. Segregation of condiments into classes or groups Definition of condiments A. Spices 1. Fresh 2. Ground 3. Whole B. Extracts C. Sauces D. Relishes E. Mayonnaise F. Cornstarch G. Salad oil H. Pickles--vinegar | |
| 3 | III. Source of Procurement A. Brief history of raw item B. Method of issue from QM | |
| 5 | IV. Uses of Articles listed in II above. A. Use of various spices and other condiments in daily cooking B. Blending of two or more condiments for sauces or dressings C. Their aid in preserving and pickling foods D. The faults to be encountered in cooking without condiments | |
| 5 | V. Cautions in use of Condiments A. Excessive quantities changes original flavor B. Proportion to provide for ensuing menus | |
| 10 | VI. Flavoring and extracts A. Source of true extracts B. Source of imitation or synthetic flavors C. Keep containers closed while in storage D. Use sparingly--Do not "over-flavor" | |
| 5 | VII. Jams, jellies, preserves and fruit butters A. Preparation, storage and serving of jams B. Preparation, storage and serving of jellies, preserves and marmalades | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Preparation of Soups, Gravies and Sauces

TEXT REFERENCES : Par 61 & 62 TM 10-405; Sec XVI & XVII TM 10-412

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Training Aid Chart Series #8 Folio #1

TRANSPORTATION):

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

9 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------|---------|
| 3 | I. Introduction | |
| | A. Why soups, sauces and gravies are served | |
| 52 | II. Soups | |
| | A. Ample materials available in kitchen to make soup | |
| | 1. Bones | |
| | 2. Meat trimmings | |
| | 3. Vegetables--fresh and left-overs | |
| | B. Nutritive value of soup | |
| | 1. Heavy soups with a light meal | |
| | 2. Thin soups with a heavy meal | |
| | C. Preparation of stock | |
| | 1. Use of meat and bones | |
| | 2. Simmer | |
| | 3. Keep stock fresh | |
| | 4. Used for base of soups or gravy | |
| | D. Methods of preparation and kinds of soup | |
| | 1. Clear soups, consomme, boullion | |
| | 2. Puree and chowder | |
| | 3. Broth and cream soups | |
| | 4. Oyster stew | |
| | E. Uses of seasoning and vegetables in soup | |
| | 1. Use of vegetable juice and fresh and left-over vegetables | |
| | 2. How to use various spices and condiments | |
| | F. Methods of serving | |
| 20 | III. Gravies | |
| | A. Meat drippings | |
| | B. Stock | |
| | C. Methods of preparing | |
| | 1. Cover recipes 511 to 518 TM 10-412 | |
| | D. Uses | |
| | E. Methods of serving | |
| | F. Use of flour | |
| 20 | IV. Sauces | |
| | A. Purpose | |
| | 1. To add flavor, moisture and nutritive value to food | |
| | B. Liquids for sauces | |
| | 1. Milk | |
| | 2. Juice from cooked vegetables or fruit | |
| | C. Use of eggs in sauces - avoid boiling | |
| | D. Preparation and serving | |
| | E. Cover several of the recipes in Sec XVI TM 10-412 | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Food Preparation and Serving :

TITLE OF PERIOD : Salads, Desserts and Their Preparation .

TEXT REFERENCES : Pars. 47 & 63, TM 10-405, Sec VI & XIV, TM 10-412

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment - Folio # 16 and 17

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & Pencil

LESSON PLAN :

10 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Introduction A. Changes in our eating habits during past 25 years B. Good health depends to a great extent on kind and amount of food eaten C. Army menu D. Salads and desserts add color, variety and nutrition to the menu | |
| 5 | II. Fine fundamentals of salad making A. Cleaning of ingredients B. Chilling C. Cutting of materials D. Mixing C. Garnishing | |
| 10 | III. Salads offer plenty of opportunity for artistic talent. A. Good cooks should have imagination and creative ability. B. Give a thought to color, texture and flavor. | |
| 15 | IV. Salads are classed in five groups A. Raw vegetables 1. Called health protective foods 2. Best sources of vitamins and minerals. 3. Salad best way to use leafy green vegetables B. Fruits 1. Canned or fresh--should be cut or sliced uniformly C. Meats 1. Should be diced never ground 2. Utilization of cold meats D. Fish 1. Always flake and chill E. Congealed salads 1. With vegetables and fruit or fruit juices. 2. Mold | |
| 10 | V. One of the secrets of good salad is tasty dressing. A. Use care in choosing dressing. B. Dressings that the Army uses 1. Mayonnaise 2. Russian Dressing 3. French dressing 4. Thousand Island dressing C. All can be made easily in kitchen. | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | VI. Salads from left-overs. A. Salads made from meats B. Salads made from vegetables C. Combination of both. |
| 5 | VII. Desserts A. Effect of desserts on morale B. Palatability of meal 1. Color and variety 2. Increase zest for main dish C. Increased energy and nutritional intake of soldier |
| 38 | VIII. Types of desserts and methods of preparation A. Pie, cakes, cobblers, cookies, gelatin, etc. |
| 5 | IX. Proper method of serving. A. Attractiveness, neatness and proper temperatures |
| 2 | X. Assignment of lesson for next day. |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Vegetable Cookery

TEXT REFERENCES : Par 37, 43, 60 TM 10-405; Mimeo on Frozen Vegetables; Sec 18 TM 10-412

INSTRUCTIONAL AIDS

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, National Livestock Meat Board nutrition chart. Folio # 12

TRANSPORTATION): None

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

11 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | I. Introduction: The importance of proper storage and cooking of vegetables |
| 35 | II. Fresh Vegetables <ul style="list-style-type: none"> A. Best in appearance, flavor and richest in nutritive value when freshly gathered B. Storage--vitamin content lost due to oxidation C. Serve raw vegetables when possible (salads etc) D. Don't <ul style="list-style-type: none"> 1. Soak too long in water 2. Overcook 3. Use too much water in cooking |
| 15 | III. Canned Vegetables <ul style="list-style-type: none"> A. Rich in vitamin content B. Cooked during canning and require no additional cooking C. Storage <ul style="list-style-type: none"> 1. Cool, dry and well ventilated. 2. Rotation of cans, especially sauerkraut etc. |
| 40 | IV. Vegetable Cookery <ul style="list-style-type: none"> A. General <ul style="list-style-type: none"> 1. Cooking usually effects the color, odor, flavor or nutritive value B. Preservation of color C. Preservation of flavor <ul style="list-style-type: none"> 1. Cabbage class 2. Onion class 3. Other classes D. Preservation of nutrients <ul style="list-style-type: none"> 1. Storage 2. Preparation 3. Cooking 4. Serving |
| 5 | V. Dried Vegetables <ul style="list-style-type: none"> A. Evaporated B. Sun-dried |
| 2 | VI. Assignment of Next Days Lesson |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Fresh and Citrus Fruits

TEXT REFERENCES : Par 43 TM 10-405; Canned Food Manual; Pamphlet on Quick Frozen Fruits and Vegetables. Sec X

INSTRUCTIONAL AIDS : TM 10-412

PERSONNEL : Classroom Instructor

EQUIPMENT : Cooking Charts; Standard Classroom Equipment, Charts series 12 Folio # 12

TRANSPORTATION) :
REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & Pencil

LESSON PLAN

12 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Introduction A. Importance of fruit in the diet B. Importance of proper cooking of fruits | |
| 20 | II. Fresh fruits A. Storage B. Preparation for cooking C. Cooking D. Methods of serving without cooking | |
| 18 | III. Citrus fruits A. Storage B. Preparation for serving C. Methods of serving | |
| 20 | IV. Dried fruits A. Storage B. Preparation for cooking C. Cooking methods | |
| 18 | V. Canned fruits A. Storage B. Inspection of cans before opening C. Inspection of contents after opening D. Preparation of fruit for cooking E. Methods of cooking and serving | |
| 12 | VI. Quick frozen fruits A. Storage B. Methods of preparation and serving | |
| 5 | VII. Fruits in season A. Cost B. Storage problem | |
| 2 | VIII. Assignment of lesson for next day. | |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Sandwich making

TEXT REFERENCES : Memo extract from QM Handbook Par 3c WD Cir
277, 20 August 1942; TM 10-412

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, Training aid charts
series #5 Folio # 5

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

13 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 2 | I. Why and when to make sandwiches in the Army | |
| 3 | II. Used as emergency ration A. Not a balanced diet B. Does not supply sufficient calories C. Can be supplemented with beverage. | |
| 10 | III. What food value is there in sandwiches? A. Protein in meats, cheese, eggs, bread B. Fats in butter, meat C. Minerals and vitamins in lettuce | |
| 2 | IV. Types of bread used A. White B. Wheat C. Rye D. Buns E. Toast | |
| 27 | V. Types of fillers for sandwiches A. Egg B. Eggsalad C. Meat loaf D. Pork E. Ham (sliced) F. Beef G. Peanut butter H. Jelly I. Combinations J. Salads K. Cheese L. Bacon (Cover recipes in Sec XV TM 10-412 | |
| 12 | VI. Faults and Corrections of Sandwich Making A. Not using fresh bread or rolls B. Cutting slice too thick-thin C. Keeping sandwich dry-prevent sogginess D. Wrapping Sandwiches E. Packing sandwiches and preparation for serving | |
| 12 | VII. Prevention of Spoilage A. Meat and cheese should be covered on both sides with ground pickle mixture containing <u>vinegar</u> B. Serving of ground meat and egg or cheese spreads is dangerous unless prepared just prior to serving C. Sandwiches made for future consumption should be of non-protien foods unless adequate amounts of pickle mixture containing vinegar are used with them. | |
| 5 | VIII. Wrapping and sanitary methods of handling A. Wax paper | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | B. Short preparation time |
| 3 | VIII. Summary. A. Danger of sandwiches from spoilage B. Inadequate diet C. Sogginess or dryness of sandwich |
| 20 | E. Miscellaneous foods A. Starchy B. Pickled C. Alimentary paste 1. Macaroni 2. Spaghetti 3. Difference between 1 and 2 4. Egg noodles D. Preparation and uses of: 1. Starchy foods 2. Pickled foods 3. Alimentary paste 4. Dressings and salads 5. Relishes |
| 2 | X. Questions |
| 2 | XI. Assignment of lesson for next day. |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Meat Cookery

TEXT REFERENCES : TM 10-405, Par 51 & 56, 61, 62; Meat Ref. Manual--National Livestock and Meat Board--Pars. 32-91

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, National Livestock and Meat Board Charts. Folio # 31

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT:: Notebook and Pencil; Meat reference manual

LESSON PLAN :

14 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION - Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10 | I. Purpose of Cooking Meats A. Palatability B. Tenderize C. Protection of health D. Variety |
| 20 | II. General Methods of Cooking Meats by Kind and Cut A. Kind of Meat 1. Pork 2. Beef and veal 3. Mutton 4. Fowl 5. Fish B. Cuts of meat 1. Size 2. Degree of tenderness 3. Kind of animal |
| 50 | III. Specific Methods of Meat Cookery A. Roasting 1. Kinds and cuts of meat to be roasted 2. Methods of preparation B. Broiling 1. Kind and cuts of meat to be broiled 2. Methods of preparation C. Boiling 1. Kinds and cuts of meat to be boiled 2. Methods of preparation D. Braising 1. Kinds and cuts of meat to be braised 2. Methods of preparation E. Stewing 1. Kinds and cuts of meat to stew 2. Methods of preparation F. Frying 1. Kinds and cuts of meat to fry 2. Methods of preparation G. Fricasseeing 1. Kinds and cuts of meat to fricassee 2. Methods of preparation |
| 15 | IV. Questions--The instructor should have prepared a set of questions to cover the methods of meat cookery |
| 3 | V. Summary |
| 2 | VI. Assignment of next days lesson |

SUBJECT : Food Preparation and Serving

TITLE OF PERIOD : Meat Carving and Serving

TEXT REFERENCES : Par 56 & 62 TM 10-405

INSTRUCTIONAL AIDS :
PERSONNEL : Classroom Instructor
EQUIPMENT : Standard Classroom equipment, TF 10-1138; NLS & MB, Projector and screen
TRANSPORTATION :
REQUIREMENTS : None
TRAINEE'S EQUIPMENT : Notebook and Pencil

LESSON PLAN :

15 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 10 | I. Introduction a. The proper method of carving and serving meat is necessary to: 1. Obtain attractiveness 2. Retain tenderness 3. Retain flavor 4. Prevent waste | |
| 30 | II. Procedure in Carving Meats A. Allow meat to set before carving B. Knowledge of animal or poultry C. Check grain of meat (carve across grain) D. Steel knife before carving E. Use very sharp thin blade F. Use large fork to steady meat G. Make long, straight cut H. Cut uniform slices I. Do not carve too far in advance of consumption | |
| 30 | III. Serving of Meat. A. Put meat on platter neatly B. Garnish attractively C. Remove excess grease from meat before putting on platter D. Never serve meat until just prior to eating E. Place enough meat on each platter to serve everyone at the table F. Prepare good brown gravy to serve with roasts G. When serving cafeteria style-make every effort to put meat dish on plate in attractive manner. Place gravy where the man wants it. | |
| 22 | IV. Show TF 10-1138 | |
| 6 | V. Review lesson by oral questions. | |
| 2 | VI. Assignment of next days lesson | |

SUBJECT : Food preparation and Serving

TITLE OF PERIOD : Methods of Thawing Frozen Foods

TEXT REFERENCES : Mimeographed booklet on "Quick Frozen Fruits and Vegetables"; Tng Serv Journal Vol 14 No 15, 14 April 1944; Par 31 & 60 TM 10-405; OQMG Cir Ltr 375; Sec 18 TM 10-412.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Folio #11 & #13

TRANSPORTATION):

REQUIREMENTS): None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

16 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | I. Introduction--What are frozen foods? Why frozen food is especially important during war |
| 15 | II. History and development <ul style="list-style-type: none"> A. History and development B. Quick-freezing system C. Freezing in cold air D. Freezing by direct immersion E. Freezing by indirect contact |
| 28 | III. Preparation and freezing of vegetables <ul style="list-style-type: none"> A. Vegetables that can be frozen sucessfully B. Transportation <ul style="list-style-type: none"> 1. Must be kept in their original frozen condition C. Cooking fresh frozen vegetables <ul style="list-style-type: none"> 1. Frozen vegetables must be kept frozen until shortly before use (Reasons) 2. Methods of thawing 3. Actual cooking--too long cooking destroys color, flavor and food value 4. Importance of correct proportions 5. Example of proportions and cooking time |
| 27 | IV. Proper handling of Frozen meat <ul style="list-style-type: none"> A. Left in original container B. Thaw in original container in chilled room or at room temperature C. Methods of cooking D. Other cuts of frozen meat <ul style="list-style-type: none"> 1. Pork loin 2. Pork shoulder 3. Pork butts 4. Liver |
| 15 | V. Fish and poultry <ul style="list-style-type: none"> A. Storage B. Thawing C. Method of cooking |
| 5 | VI. Use of water to thaw foods |
| 3 | VII. Questions |
| 2 | VIII. Assignment of lesson for next day |

SUBJECT : Food Preparation and serving.

TITLE OF PERIOD : Pastry Baking (1)

TEXT REFERENCES : Par 64, TM 10-405; Pars. 13-20, Sec III, Par 56 & 64, Sec IX, TM 10-410; TM 10-411, TM 10-412

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, Field range and necessary ingredients for demonstration, projector

TRANSPORTATION) : screen, TF 10-1203 Folio #16

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

18 PERIOD *2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| | *Fifty minutes of this class are not counted as part of the 96 hours of classroom instruction, but as a part of "make-up, review and test time." | |
| 3 | I. Introduction | |
| | A. Importance of baking in the Army messes. | |
| 10 | II. Baking, General. | |
| | A. Cooks must have a working knowledge of baking. | |
| | 1. Exact weights and measurements. | |
| | 2. Follow formulae | |
| | 3. Even temperatures | |
| | 4. Definite plan of work. | |
| 10 | III. Kinds of basic dough | |
| | A. Basic bread or roll dough | |
| | 1. Special bread | |
| | 2. Dinner rolls | |
| | 3. Parker-house, pan, or finger rolls | |
| | 4. Formulae | |
| | B. Basic Sweet dough | |
| | 1. Sweet rolls | |
| | 2. Coffee cake | |
| | 3. Doughnuts | |
| | 4. Formulae | |
| 15 | IV. Ingredients for basic roll dough | |
| | A. Flour | |
| | 1. Type used and its function in the product | |
| | B. Yeast | |
| | 1. Kinds, use of water, and reaction on the dough | |
| | C. Milks | |
| | 1. Kinds and reaction | |
| | D. Water | |
| | 1. Temperatures of water, flour and room | |
| | E. Sugar | |
| | 1. Type and its function in the dough | |
| | F. Salt | |
| | 1. Controls speed of yeast | |
| 57 | V. Mixing basic dough | |
| | A. Dissolve yeast, salt, sugar in the water | |
| | B. Add milk, flour and lard | |
| | C. Mix until smooth and pliable | |
| | 1. Temperature control | |
| | 2. Texture. | |
| | D. Aging or fermenting the dough | |
| | 1. Length of time | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 2. Testing for punching time 3. Recovery period after punching E. Dividing and forming 1. 3 to 4 pounds F. Proofing and baking |
| Note: | A demonstration and application on baking rolls or biscuits will be conducted during the lecture. If time will not permit completion of the demonstration then certain steps of the mixing and proofing may be completed before the class is started. |
| 3 | VI. Questions. |
| 2 | VII. Assignment of lesson for next day. |

SUBJECT : Food Preparation and Serving.

TITLE OF PERIOD : Pastry Baking (2)

TEXT REFERENCES : Par 64, TM 10-405; Sec VI TM 10-411, TM 10-410

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; Field range, and ingredients for cakes and pies, Folio #16

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

19 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration and Application |
|-----------------------------|-----------------------------------------------------------|-------------------------------------------------|
| 3 | I. Introduction | |
| | A. Assembling of ingredients | |
| | B. Point out purpose of this class | |
| 37 | II. Ingredients used in cake making and effects | |
| | A. Eggs. (fresh or dehydrated) | |
| | 1. Gives volume | |
| | 2. Increased food value and palatability | |
| | B. Milk | |
| | 1. Color, increased food value | |
| | C. Flour | |
| | 1. Soft wheat flour | |
| | a. Less gluten | |
| | b. Lighter texture | |
| | D. Shortening | |
| | 1. Makes cake lighter | |
| | 2. Increased food value and palatability | |
| | 3. Lasting qualities | |
| | 4. Color | |
| | E. Sugar--two types | |
| | 1. Granulated | |
| | a. Increased food value | |
| | 2. Powdered | |
| | a. Icing | |
| | 1. Explanation for making icings | |
| | b. Appeals to the eye | |
| | F. Baking powder--two classes | |
| | 1. Quick acting | |
| | 2. Slow acting | |
| | G. Baking soda | |
| | 1. Used as a leavening agent in presence of acid | |
| | Example: When chocolate is used | |
| | a. Neutralizes the acid for proper leavening | |
| | b. Gives chocolate a darker color | |
| 5 | III. Important steps in cake mixing | |
| | A. Creaming | |
| | 1. Very important factor to obtain lightness and softness | |
| | B. Do not mix after it is creamed | |
| | C. Oven temperatures | |
| 5 | IV. Formula for 25 men, yellow layer cake | |
| | A. Flour - 1 lb. 6 oz. | |
| | Shortening - 1/2 lb. | |
| | Sugar - 1 lb. 10. oz. | |
| | Eggs - 1 doz. eggs or 5.6 oz. dehydrated eggs | |
| | Baking powder - 1 oz. | |
| | Salt - 1/2 oz. | |
| | Vanilla to taste | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Vanilla to taste desired Vanilla to taste desired |
| 5 | V. Pies A. Definition B. Importance of dessert in a meal C. Nutritive value |
| 5 | VI. Ingredients for soft pies A. Milk, eggs B. Lemon, vanilla extract C. Chocolate or cocoa, shredded coconuts |
| 10 | VII. Ingredients for fruit Pies A. Flour, fat, salt, cold water, fruit |
| 20 | VIII. Making pie crust. A. Ingredients--flour, fat, salt, cold water B. Mixing of dough C. Ratio 1. Two (2) parts of flour 2. One (1) part of fat 3. As little water as possible |
| 5 | IX. Type of ingredients used to make pies A. Fresh, canned, and evaporated or dehydrated |
| 3 | X. Temperature A. Oven heat 400° F |
| Note | Demonstration and application of baking soft pies or fruit pies and cake. The lecture will be given during the demonstration |
| 2 | XII. Assignment of lesson for next day |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Use and Care of Meat Cutting Tools

TEXT REFERENCES : Par 18, 19 TM 10-405, Par. 15, TM 10-408

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Projector, Screen, TF 10-1133, National Livestock & Meat Board Charts

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINER'S EQUIPMENT: Notebook & Pencil

LESSON PLAN :

1 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 6 | I. Kinds and Uses of Tools A. Name all cutting tools found in mess. 1. Description of each tool 2. Special use and job for each tool. B. Explain the proper use of each tool | |
| 8 | II. Care of tools A. Care is responsibility of cook B. When are tools cleaned? C. Correct method of cleaning all cutting tools. D. Proper care means efficient working conditions. | |
| 6 | III. Precautions to follow when using sharp tools A. No "horse play". B. Proper grips. C. What to do with the "other hand". | |
| 8 | IV. Proper method of sharpening knives--Demonstration. (Demonstration should point out)-- A. Preparation of stone for sharpening. B. Proper methods of sharpening C. Use of steel. | |
| 20 | V. Show training Film 10-1133 | |
| 2 | VII. Assignment of Next Days Lesson. | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Cutting Beef (1)

TEXT REFERENCES : Pars 19-21, TM 10-405; TM 10-407

INSTRUCTIONAL AIDS :

PERSONNEL : Meat Instructor

EQUIPMENT : Standard Classroom equipment; NLS & MB Charts; TM 10-1134; Projector, screen; hindquarter of beef;

TRANSPORTATION : Knife Kit, Meat Block, Flood Lights, ~~TRAINING FILM~~

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

2 PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| | | Demonstration Training Film |
| 3 | I. Introduction <ul style="list-style-type: none"> A. Advantages of carcass beef in the Army B. Importance of proper cutting and boning <ul style="list-style-type: none"> 1. Universally popular 2. Forms many main dishes 3. Cost | |
| 5 | II. Classes of Army Beef <ul style="list-style-type: none"> A. Steers <ul style="list-style-type: none"> 1. Wholesale cuts 2. Very desirable 3. 450 to 900 lbs. 4. Average hindquarter is 48% of the side B. Heifers <ul style="list-style-type: none"> 1. Similiar to steers in conformation C. Cows D. Bulls E. Stag | |
| 7 | III. Beef Cutting <ul style="list-style-type: none"> A. Using the NLS & MB Chart, point out the wholesale cuts and their relation in making up a side of beef B. Boning carcass beef <ul style="list-style-type: none"> 1. Boneless cuts make easier carving after cooking C. Separation of tender from less tender meat <ul style="list-style-type: none"> 1. Proper cooking methods may be applied | |
| 5 | IV. Bone Structure <ul style="list-style-type: none"> A. Point out where the major cuts are made | |
| 64 | V. Cutting hindquarter (demonstration) <p>(Instructor will cut in such a manner as to allow the students to see each cut made)</p> <ul style="list-style-type: none"> A. Follow the 22 steps outlined in Par 20E, TM 10-405 B. Cooking methods to be applied to the different cuts of meat | |
| 11 | VI. Show TF 10-1134 | |
| 3 | VII. Questions | |
| 2 | VIII. Assignment of lesson for next day | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Cutting Beef (2)

TEXT REFERENCES : Pars 19-21, TM 10-405; TM 10-407

INSTRUCTIONAL AIDS :

PERSONNEL : Meat Instructor

EQUIPMENT : Standard Classroom equipment; Meat Block, Forequarter of beef; Knife Kit, Projector, Screen, TF 10-1135

TRANSPORTATION : Radio #20, #22

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

3 PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------|--------------------------------|
| | | Demonstration Training Film |
| 3 | I. Introduction | |
| | A. Brief review of why the Army has a special way of cutting and boning meat | |
| | B. Types of beef used | |
| 10 | II. Bone Structure (use charts) | |
| | A. Briefly review bone structure of cuts of a side of beef using NLS & MB Charts | |
| | B. Bone structure of forequarter | |
| 62 | III. Cutting forequarter (demonstration) | |
| | (Cut to advantage of students with meat side down) | |
| | A. Follow the 30 steps outlined in Par 20d, TM 10-405 | |
| | B. Roll & tie roast meat showing Butcher's Tie & Knot | |
| 20 | IV. Snow TF 10-1135 | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Cutting lamb, Pork & veal (1)

TEXT REFERENCES : Par 22-25, TM 10-405; TM 10-408

INSTRUCTIONAL AIDS :

PERSONNEL : Meat cutting instructor

EQUIPMENT : Standard classroom equipment, meat block, knife kit, flood lamp and NLS & MB Chart, projector.

TRANSPORTATION) : TF 10-1136, Folio #19, 21, 2

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT : Notebook & pencil

LESSON PLAN :

4 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture & Demonstration |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 3 | Introduction | TF |
| | A. Importance of meat in the Army mess | |
| | B. Commercial and Army cuts of meat | |
| 12 | I. Lamb in the Army mess | |
| | A. Why it is used | |
| | B. Its nutritive value | |
| | C. Quality and how to identify | |
| | D. Four classifications and how to identify | |
| 65 | II. Cutting and boning carcass lamb | |
| | A. The instructor will follow a step by step procedure as outlined in TM 10-408 explaining each steps as the demonstration proceeds. | |
| | B. Bone structure | |
| | C. Identification of cuts | |
| | 1. Cooking methods to be applied | |
| | D. Lamb Chops | |
| | E. Explain the "triangle" and "long saddle" | |
| | Note: If no lamb is available TF 10-1136 (15 minutes) will be shown with the proper orientation and discussion. The orientation will cover the step by step procedure. (TM 10-408) pointing out the bone structure. using NLS & MB Charts | |
| 15 | III. Cooking Methods | |
| | 1. Roast | |
| | 2. Stew | |
| | 3. Shepherd's pie | |
| | 4. Chops | |
| 3 | IV. Questions | |
| 2 | V. Assignment of lesson for next day. | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Cutting Lamb, Pork and Veal (2)

TEXT REFERENCES : Par 22 - 25, 28 & 29 TM 10-405, TM 10-408, TM 10-407

INSTRUCTIONAL AIDS :

PERSONNEL : Meat Instructor

EQUIPMENT : Standard Classroom equipment, Meat Block, Knife Kit, carcass veal & ham; projector, screen, TF 10-1137, Folio 19, 21, 22.

TRANSPORTATION : None

REQUIREMENTS : None

TRAINEE'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

5 PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture TF Demonstration |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| 3 | I. Introduction A. Use of pork and veal in the Mess | |
| 5 | II. The reason pork is valuable to the Army A. High fat content B. Thiamine (B1) 1. Utilization of carbohydrates 2. Promotes health of body cells C. Universally liked D. Variety E. Economy | |
| 40 | III. Cutting of pork A. Discuss the bone structure using charts B. Commercial cuts are used by the Army 1. Pork shoulders - Picnic 2. Loin 3. Ham 4. Bacon 5. Salt Pork 6. Boston butts 7. Spareribs C. Boning of ham 1. Following paragraph 25 TM 10-405 the instructor will bone and tie a ham for roasting. 2. Fresh shoulder may also be used in demonstration. | |
| 5 | IV. Cooking of pork A. Thoroughly cooked 1. Kills microscopic parasites 2. Increases the flavor | |
| 5 | V. Pork loin A. Boneless chops B. Boneless roast | |
| 5 | VI. Spareribs A. Object of instruction 1. Attractive serving 2. Eliminate bone splinters | |
| 10 | VII. Veal A. Weight 1. Minimum - 75 lbs. - maximum - 190 lbs. B. Veal in the Army menu 1. Tenderness 2. Variety C. How to judge the quality of veal | |

TIME

SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

15

VIII. Cutting of Veal

- A. Utilized in much the same manner as lamb
 - 1. Triangle
 - 2. Saddle
- B. Cutting will vary according to the weight
 - 1. Light veal - less than 100 lbs.
 - a. Cut the same as lamb
 - 2. Heavy veal
 - a. Follow Par 29 TM 10-405

7

IX. Cooking of Veal

- A. Roast
- B. Chops
- C. Stew
- D. Specialties

3

X. Questions

2

XI. Assignment of lesson for next day

SUBJECT : Meat Cutting.

TITLE OF PERIOD : Fresh meat cuts and their uses.

TEXT REFERENCES : Par 16,17,21,24, 25, TM 10-405; TM 10-407; TM-10-408

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : National Livestock and Meat Board Charts; Standard Classroom Equipment Folio # 27

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINER'S EQUIPMENT : Notebook and Pencil

LESSON PLAN :

6 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION. Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 | I. General <ul style="list-style-type: none"> A. Definition of meat B. Value of meat as food C. Its place in the meal D. Its importance in the mess E. Cost of meat |
| 30 | II. Proper use of meats <ul style="list-style-type: none"> A. Kinds of meat obtained from the different meat animals B. How each is supplied to army mess C. Food elements in muscle tissue, connective tissue, fat, glands, organs and bones D. Canned meats; composition and value |
| 30 | III. Methods of preparation and cooking of various types of meat (mentioned in IIA) <ul style="list-style-type: none"> A. Knowledge of food helps in proper use of meat in combinations B. Value of knowing several ways to prepare same meat |
| 20 | IV. Methods of preparing and using leftover meat <ul style="list-style-type: none"> A. Salads B. Stew and hashes |
| 2 | V. Assignment of lesson for next day |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Frozen Meats

TEXT REFERENCES : Par 31, TM 10-405, App II page 67, TM 10-407

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, NLS & MB Folio # 13

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT : Notebook & pencil

LESSON PLAN :

7 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | LECTURE |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I. Introduction A. Why meats are frozen B. Definition of chilled meat C. Definition of frozen meat | |
| 5 | II. Chilled Meats A. Beef, veal, lamb, mutton, pork and fish 1. Usually issued in the Continental U. S. | |
| 20 | III. Frozen meats. A. Frozen meats and fish should never be thawed in water 1. Loss of some of the meat juices 2. Thawing should not be done at room temperature if it can be prevented. 3. Thaw in refrigerator 33° to 40° a. Circulation of air to absorb moisture 4. Breaking down quarters and carcass of meat for storage 5. Plan cooking operations to include thawing 6. Use time table par 31 TM 10-405 7. Slimy exterior B. Frozen Army Boneless beef 1. Thawed in boxes in which it is packed | |
| 12 | IV. Frozen meats in the field A. No refrigeration B. Weather conditions 1. Hot weather may cause exterior spoilage C. If the frozen meat is to be used before it can be thawed, stew may be made D. Cooking to prevent spoilage | |
| 5. | V. Cooking thin cuts A. Fish B. Frying in deep fat | |
| 3 | VI. Questions | |
| 2 | VII. Assignment of lesson for next day. | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Meat Specialties

TEXT REFERENCES : Par 30-TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, baloptican, screen, slides, Group #17, par 30, TM 10-405, NLS & MB Charts, Folio

TRANSPORTATION):

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

8 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture with Baloptican |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 4 | I. Introduction <ul style="list-style-type: none">A. Meat specialties are edible parts of beef, veal, pork, lamb and classed with regular cutsB. Can be used to excellent advantage if correctly preparedC. They introduce variety to menuD. Rich source of vitamins and other nutrients | |
| 8 | II. Classify the Specialties by name <ul style="list-style-type: none">Tongue KidneysBrain TripeLiver SweetbreadsHearts Tails | |
| 20 | III. Care, preparation and methods of cooking of various specialties <ul style="list-style-type: none">A. TrimmingB. CleaningC. RefrigerationD. Methods of cooking | |
| 14 | IV. Show Baloptican Slides--Group #17, 20 slides | |
| 2 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Meat Cutting

TITLE OF PERIOD : Smoked, cured and prepared meats

TEXT REFERENCES : Par 26, 27, 32 TM 10-405, NLS & MB Charts

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : National Livestock and Meat Board Charts, Standard Classroom Equipment, Folio # 1

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN

9 PERIOD 2 HOURS (Duration) PLACE: Classroom

*

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | I. Introduction <ul style="list-style-type: none"> A. Smoking was one of the earliest methods of protecting meats from spoiling B. Use of spices as a "cure" for meats C. Resemblance of modern methods to ancient practice |
| 30 | II. The kinds and uses of smoked <u>and</u> cured meats <ul style="list-style-type: none"> A. Ham <ul style="list-style-type: none"> 1. Regular 2. Skinned B. Bacon, picnics, etc C. Beef (jerked) D. Salami, salogna, Liver sausage |
| 35 | III. The kinds and uses of cured meat <ul style="list-style-type: none"> A. Salt pork B. Spare ribs C. Fresh pickled pork <ul style="list-style-type: none"> 1. Logs 2. Shoulder 3. Picnics D. Fresh pickled beef (used as corn beef) |
| 15 | IV. Storage qualities and inspection of prepared meats <ul style="list-style-type: none"> A. The keeping qualities in garrison B. The keeping qualities in field C. Its uses in the army menu D. Necessity of close inspection of all smoked cured-and prepared meats |
| 13 | V. Summary and oral quiz of students |
| 2 | VI. Lesson assignment for next day |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Sanitation (1)

TEXT REFERENCES : Par 76-82 TM 10-405; Chap V & VII FM 8-40 Sec V
& VI Chap IV Sec II Chap VIII FM 21-10; TR #6

INSTRUCTIONAL AIDS : Annex 1 & 2 ASFTC, Par 88 TM 10-205

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; TF 8-1174; FS 8-60; 61
FS 10-106; Projector, Screen

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

1 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Training Film |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| | | Lecture Film Strip |
| 3 | I. Introduction A. Kitchen set-up in the field | |
| 5 | II. Kitchen site A. Cover and concealment B. High ground and drainage C. Away from latrine D. Accessible to rations and water distribution | |
| 12 | III. Equipment and arrangement A. Kitchen fly B. Supply tent C. Supply trailer D. Water tractor E. Gasoline ranges F. Improvised or collapsible work table | |
| 15 | IV. Sanitary and protective installations A. FS 8-60 and FS 8-61 1. Soakage pits 2. Incinerator 3. Fly traps 4. Oil spraying B. Fox holes or slit trenches | |
| 22 | V. Storage A. More important in the field than in garrison 1. More exposure to elements 2. Fewer facilities available B. Rules for field storage 1. Use of dunnage 2. Keep supplies covered 3. Storage of non-perishables in trailer or tent 4. Keep gasoline away from food 5. Do not store personal effects with foodstuff C. Suspended food container D. Collapsible portable icebox E. FS 10-106 | |
| 18 | VI. Show training film 8-1174 | |
| 10 | VII. Mess lines and eating A. Use a "staggered" serving line B. Feed in small groups (squads) C. Dispersion of mess lines and eating | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Sanitation (2)

TEXT REFERENCES : Par VI Chap V TM 21-10; Par 15,16, TM 10-420
Chap 3 & 7, TM 8-40; TM 5-295

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; TF 8-999, FS 8-62;
Screen, Projector

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

2 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| | | Film Strips Training Film |
| 2 | I. Introduction A. Water purification B. Fly control | |
| 13 | II. Water purification A. Characteristics and requirements 1. Turbidity 2. Hardness 3. Water requirements B. Source 1. Rainwater 2. Surface water 3. Ground water 4. Sea water (last resort) C. Miscellaneous 1. Water from palms, coconut palms & rattan palms D. Show film strip 8-62 | |
| 5 | III. Control of roaches and ants A. Available food supplies B. Protection of food C. Sprays and powders | |
| 25 | IV. Fly control - cleanliness and proper sanitary measures A. Destruction of adult flies B. Fly traps 1. Stands 2. Bait C. Fly spray D. Fly paper E. Show Training Film 8-999 | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

Time
Schedule
Minutes

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

(Always break, if possible, the shape or outline of any object, tent, helmet, vehicle - to illustrate turn one of the flood lights out and let the shape of one of the trucks be clearly seen, then use a small branch to break up the outline of the truck).

C. Shadow - When an object is placed between the sun or other sources of illumination and any point, no light rays can reach the point and it is said to be a shadow. A shadow area represents an absence of light rays and therefore cannot reflect rays to the eye or camera and will always appear dark. (Turn one of the lights out and show the shadows of the buildings and trucks - Also place truck in shadow of building to illustrate taking advantage of shadows - also place truck along hedge so that shadow will fall on hedge to break up outline of truck).

D. Texture

1. The relative roughness of the surface of an object is the visual factor called texture. An object whose surface is extremely rough casts a series of minute shadows upon itself; and as these shadow areas reflect little light, the over all appearance of the object is dark. The smoother the surface of an object is, the more light it reflects. (Helmets, canvas, vehicles, field ranges, stock pots, etc., reflect light far greater than any background vegetation, buildings, or debris. These surfaces must be concealed in shadows or textured, otherwise they will be very conspicuous. (Illustrate by flood light reflection on smooth surfaces of camouflage board and the reflection on the rough surfaces).

E. Color

1. In military coloration the use of large areas of light colors must be avoided, for the usual background of a soldier is of dull or dark colors. The white faces and hands of the soldier, his maps, laundry, anything of a bright or light color attracts the eye of the enemy.

F. Movement

1. Motion is the factor of vision which most attracts the eye. No visual contrast, no matter how violent, not even the clash between the white truck on the dark background, can compare with movement. (Illustrate by placing white truck on dark background, then move one of the trucks underneath the trees).

2. When movement is necessary when you are being observed by the enemy from a great distance, move very slowly, unless under cover.

9 V. Use Baloptican Slides, Slides are numbered 1-15. Discuss each slide.

11 VI. Show training film 5-646
A. Give oral examination after showing of film

3 VII. Use Camouflage Board
A. Call on different members of the class to pick the best bivouac area.

2 VIII. Questions

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Equipment (1)

TEXT REFERENCES : Par 78 TM 10-405, Your Army Field Range, Sec IX
TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, Breakdown Board,
M1937 Field Range Water Heating Assembly

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

4 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | I. Introduction A. Importance of the M1937 Fire Unit | |
| 18 | II. Breakdown of the M1937 Fire Unit (Demonstration) A. The instructor will dismantle the unit completely, pointing out each step and precaution in so doing. B. Explanation for cleaning each part of the unit. C. Reassemble the unit, making sure that the proper wrenches are used. | |
| 16 | III. Firing of the Unit A. Pertinent information as to the pressure and capacity of the tanks. B. Flow of fuel through the unit. C. Lighting procedure. D. Precautions. E. What to do in case of fire. F. Troubles and their treatment. | |
| 8 | IV. Difference between 37, 42, and 44 equipment A. Fire Units B. Utensils 1. Blueing of 42 equipment a. Step by step procedure | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Equipment (2)

TEXT REFERENCES : Par 76-77 TM 10-405; Par 92, TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; Army Field Range #1 and #2

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

5 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | I. Introduction | |
| | a. Use of field ranges other than gasoline | |
| 20 | II. Army Field Range #1 | |
| | A. Nomenclature | |
| | 1. Oven | |
| | 2. Boiling Plate | |
| | 3. Alamo attachment | |
| | 4. Weighs 264 lbs. with utensils | |
| | B. Assembling | |
| | 1. Setting up in the field | |
| | a. One day | |
| | b. Longer period of time | |
| | 2. Installation in baggage car | |
| | a. Frame and sand | |
| | C. Operation | |
| | D. Effect on menu | |
| | E. Utensils | |
| | F. Use in buildings | |
| | G. Cooking | |
| | 1. Time factor | |
| | 2. Baking | |
| | 3. Designed for 150 men | |
| | 4. Use wood whenever possible | |
| 12 | III. Army Field Range #2 | |
| | A. Nomenclature | |
| | 1. Oven | |
| | 2. Boiling Plate | |
| | 3. Weighs 150 lbs. complete with utensils | |
| | B. Assembling and operation | |
| | C. Utensils | |
| | D. Effect on the menu and cooking | |
| | 1. Designed to cook for 55 men | |
| 10 | IV. Students will assist the instructor in setting up and tearing down the ranges also they will assist in packing the ranges at the end of the class. | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Field Kitchen and Equipment

TITLE OF PERIOD : Field Equipment (3)

TEXT REFERENCES : Par 78, TM 10-405; Your Army Field Range, Sec IX TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor and Assistant

EQUIPMENT : Standard Classroom equipment; enough fire units for each group; gasoline and tool boxes

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

6 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Application |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 10 | I. Introduction A. The instructor will divide the class into small groups (usually two or three men). Next he will emphasize the necessary precautions of fire and gasoline. The instructor will caution the students not to advance past his farthest point of lecturing. | |
| 85 | II. Application A. The instructor will break down the fire unit step by step, at the end of each step he will pause until all students have completed that phase. Each student will complete the cycle of cleaning, assembling and lighting the fire unit. All gasoline will be drained from the fire units after the class is completed. | |
| 3 | III. Questions | |
| 2 | IV. Assignment of lesson for next day | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Equipment (4)

TEXT REFERENCES : Par 28, 29 Sec VIII WOTC 36, 1943; Mimeo Army Field Range #5 OM 7 - misc 4; Mimeo on Operation of In-

INSTRUCTIONAL AIDS : stant lighting; 2 burner gasoline lanterns

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; 25 M1941 & M1942 one burner stoves; gasoline lantern; mountain cook set;

TRANSPORTATION : FS 118, 128 Projector, Screen, FS 140

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

7 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration Lecture Film Strip - Application |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| 3 | I. Introduction | |
| | A. One and two burner gasoline stoves; Use and care of outfit; cooking packs; mountain sets; Marmite cans; gasoline lanterns; #5 Range. | |
| 35 | II. One burner gasoline stove (Used by mobile troops who prepare and cook their own food) | |
| | (The students will be divided into groups and issued one of each of the stoves per group; they will then follow the procedure of operation outlined by the instructor). | |
| | A. Advantages | |
| | 1. Easy to manage | |
| | 2. Burn little fuel | |
| | 3. Light to carry | |
| | B. General precautions | |
| | 1. Ventilation | |
| | a. Carbon monoxide gas (poisonous but odorless) | |
| | b. Mountain tent is airtight | |
| | 1) Ventilators should never be tied shut. | |
| | 2. Steam - use as low flame as possible and cover a boiling pot. | |
| | 3. Wind - when used outdoors shield it from the wind. | |
| | 4. Fuel | |
| | 1) Do not fill the stove over three quarters full. | |
| | 2) Use non-leaded gas when available. | |
| | C. Types | |
| | 1. M1941 - entire burner covered by a cup. | |
| | a. 6 burner arms, 4 legs | |
| | b. Lighting the M1941 | |
| | 1) Remove the cup and snap out the legs and pot arms. | |
| | 2) Pump about 30 times | |
| | 3) Revolve wire lever to clean the tip of the valve; leave the lever in a down position. | |
| | 4) Light a match | |
| | 5) Turn valve knob a quarter turn to the left and light. | |
| | 6) After 3 or 4 minutes (blue flame) open the valve all the way and pump in more air. | |
| | 7) If flame is too hot regulate the wire cleaning lever. | |
| | 8) Turn valve to the right to extinguish the flame. | |
| | 9) Cleaning and repairing the generator. | |
| | 10) Packing. | |

| Time | |
|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Schedule | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
| Minutes | |
| | 2. M1942 - has no cup <ol style="list-style-type: none"> Three legs and three pot arms Lighter and more compact than the M1941 Lighting of M1942 <ol style="list-style-type: none"> Snap out arms and legs Clean and close the valve underneath by turning the wheel to the right until it stops, then back to the left until it stops. Pump 35 strokes Follow same lighting procedure for M1941, using the wheel under the burner rather than the valve of M1941. Cleaning and replacing of the generator. Leaking of air or gas Packing Extra parts One quart fuel containers - designed for these stoves. |
| 10 | III. Show Film Strip 10-128, FS 140 |
| 4 | IV. Mountain Cook Set <ol style="list-style-type: none"> Composed of two pots which nest into each other and a cover on the larger pot. Cover may be used for a frying pan. Must be kept scrupulously clean. <ol style="list-style-type: none"> Sand Granular snow. Carrying M1942 Stove - inside the cook set. |
| 10 | V. Two burner gasoline stove and outfit cooking packs <ol style="list-style-type: none"> Designed to cook for 20 men. Cleaning and repairing Lighting Spare parts |
| 3 | VI. Marmite Cans <ol style="list-style-type: none"> Designed to keep the food hot or cold |
| 20 | VII. Gasoline Lanterns (Demonstration) (The instructor will break down, clean, and light the lantern). <ol style="list-style-type: none"> Nomenclature Cleaning Lighting Refueling Improvising a mantle |
| 10 | VIII. #5 Range <ol style="list-style-type: none"> Show FS 10-118 Nomenclature Cooking Care and cleaning |
| 3 | IX. Questions |
| 2 | X. Assignment of lesson for next day |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Cooking (1)

TEXT REFERENCES : Par 87, Sec. D, TM 10-205; The Service Journal 9 June 1944.

INSTRUCTIONAL AIDS:

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, balopticon, screen & slides FS 10-100, Projector, FB 27

TRANSPORTATION) :

REQUIREMENTS) : None

TRAINEE'S EQUIPMENT: Notebook & Pencil

LESSON PLAN :

8 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Film Strip Slides |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | I. Introduction | |
| | A. Equipment and arrangement of kitchen truck | |
| 5 | II. Truck and Equipment | |
| | A. 2½ ton truck - 6x6 | |
| | B. 3 Field Ranges complete - M1937, or M1942 - M1944 | |
| | C. Ice box (Improvised) | |
| | D. Removable utensils rack (Improvised) | |
| | E. Step ladder (Improvised) | |
| | F. Miscellaneous equipment | |
| | G. Lights (Improvised) | |
| | H. Bread box (Improvised) | |
| 5 | III. Arrangement | |
| | A. Raise Bow and Tarpaulin | |
| | B. Field Ranges across the truck just back of the cab. | |
| | 1. If two ranges are used place them along the left side of the truck just back of the cab | |
| | C. Improvised utensil rack on side (seats from truck) | |
| | D. Improvised ice box that can be used as working table | |
| | E. Improvised utility shelf for supplies at side. | |
| | F. Arranged to save floor space. | |
| 10 | IV. Safety precautions while in transit | |
| | A. Care must be taken in refueling the fire unit (only while truck is at standstill.) | |
| | B. Extra fuel. | |
| | C. Safety in operation | |
| | D. Seats may be converted into "outside" shelves. | |
| | E. The use of a serving table under extended canvas. | |
| | F. Camouflage and cover during serving of meal. | |
| | G. The use of a trailer. | |
| | H. Blackout cooking. | |
| 20 | V. Show Film Strip 10-100, FB 27 | |
| 5. | VI. Summary & Questions | |
| | A. Emphasize all safety precautions. | |
| | B. Correct arrangement for utilization of maximum floor space. | |
| | C. Precautions to be taken during blackout cooking. | |
| 2 | VII. Assignment of lesson for next day | |
| | (It is suggested that cooking from a truck when in combat areas be done only when the truck is stationary and the cooked food be moved forward. Roads and terrain in combat areas usually make cooking on the move impracticable) | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Cooking (2)

TEXT REFERENCES : Par 36-37 FM 7-30, 1942

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor and Assistant

EQUIPMENT : Standard classroom equipment; Wood, Gasoline; Entrenching Tool, Raw Food, Mess Kit, Improvised

TRANSPORTATION : Utensils; Projector, Screen, FS 10-138, FS 139

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

9 PERIOD 1 HOURS (Duration) PLACE: Classroom & Demonstration Area

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Film Strip |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| | | Lecture |
| | | Demonstration |
| 3 | I. Introduction A. Explanation of individual cooking 1. Necessity 2. Frequency | |
| 7 | II. Types of Fires A. Wood 1. Construction of Fire Pits a. Group cooking trench b. Individual pit - mess kit c. Precautions B. Gasoline 1. Burning gasoline in open cans a. Allowance for drafts 2. Precautions a. Explosive hazards 3. Advantage a. No smoke b. Faster cooking c. Easy to control | |
| 10 | III. Cooking of Food A. Cut in small pieces 1. Speeds cooking time B. Save peelings for food value contained C. Methods employed 1. Boiling 2. Frying | |
| 10 | IV. Show Film Strip 10-138, FS 139 A. Method of cleaning equipment | |
| 17 | PROCEDURE FOR DEMONSTRATION A. Preparation 1. Construct the following a. Group trench b. Barbecue trench c. Gasoline unit set up 2. Build and light fire in each B. Preparation of the food: 1. Use food rationed to troops for that day a. Wash and dice potatoes and other root vegetables b. Put on to boil 2. While the above is cooking, prepare the following: a. Fry bacon and eggs over the gasoline fire b. Put meat on spit over the barbecue pit 3. Combine meat and vegetables and simmer about 5-10 minutes. | |

Time

Schedule

Minutes

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

4. What to do when no utensils are available
 - a. Use of flat stone for frying, etc.
 - b. Barbecue pits
- C. Extinguish the fires
 1. Fill fire pits and cover with leaves, etc.
 - a. Avoid detection
 - b. Won't disclose number of troops
 2. Smother gasoline flame

3

IV. Questions

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Cooking (3)

TEXT REFERENCES : Par 76-82, TM 10-405; Par 89-92 TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; Projector, Screen, FS 10-96; Model Kitchen Car

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

10 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| | | Lecture Film Strip |
| 3 | I. Introduction - Cooking on Railway & Baggage Car A. Necessity for proper feeding of men while in movement. 1. To preserve morale 2. Insure that they arrive at destination in good physical condition. | |
| 10 | II. Types of movements where cooking is SOP A. Rail 1. Baggage car a. No 1 and No 2 Stoves b. M1937 Stoves 3. Motor Convoys 2. Army K Car a. Army Range #5 b. Built in permanent equipment B. Motor Convoys 1. Cooking while in movement 2. Transporting food from kitchen in Mar-Mite containers | |
| 15 | III. Rail Equipment (Use Model Kitchen Car) A. Discuss its set-up, uses and method of operating with: 1. No 1 and No 2 Ranges 2. M1937 Stoves 3. Army Range No 5 4. Army K Car B. Discuss auxiliary equipment that is used with stoves listed in "A". 1. Water cans 2. Fuel 3. Storage facilities 4. Pans and utensils 5. Gasoline cans | |
| 7 | IV. The Ration A. The ration is drawn in kind in a fixed menu established by QM at place of debarkation 1. Allowance 75¢ per man per day 2. This includes paper plates, cups and forks, etc. 3. Out of 75¢ - 6¢ per man per day drawn by train commander for purchase of ice, etc. 4. One emergency ration per man drawn on Field Ration "B", for any movement of 3 days or more. 5. If emergency ration is not used it must be turned in at destination. | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Cooking (5)

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; Projector, Screen, TF 10-1215, 10-1216, 10-1237

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

11 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | I. Introduction A. Cooking in the field - chief difference between messing in the garrison and messing in the field is in the equipment used. | |
| 6 | II. Preparation of food in the field A. Menu changes B. Consisting of food to accomodate mess kits. C. Keeping the food hot or cold for serving D. Left-overs | |
| 36 | III. Show Training Film 10-1215, 10-1216, 10-1237 | |
| 3 | IV. Questions | |
| 2 | V. Assignment of lesson for the next day. | |

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Field Cooking (4)

TEXT REFERENCES : TM 3-220 Par 65d (1) -(8)

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor

EQUIPMENT : Standard Classroom Equipment; 2 Chemical Warfare Charts; Mustard Gas, Canned Food, Protective

TRANSPORTATION : Clothing, Protective Cover.

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

12 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 2 | I. Introduction | |
| | A. Chemical Agents and their effect on food and water. | |
| 43 | II. Protection of food is a prime consideration for all personnel charged with handling it. It is much easier to protect food from contamination than to decontaminate it. | |
| | III. Points to consider regarding contamination of foods by chemical agents: | |
| | A. War gases are highly penetrative | |
| | B. Foods, particularly moist and fatty foods, are highly absorbent | |
| | C. Wrapping and packing methods may be absorbent and permit passage of war gases | |
| | D. Gas can penetrate food wrappings unless they are airtight | |
| | E. Materials which soak up oil and water absorb and eventually permit passage of gas | |
| | IV. Contamination may occur: | |
| | A. Upon contact with vapor | |
| | B. Upon contact with splashes | |
| | C. Upon contact with spray of liquid chemicals | |
| | D. Upon contact with solid chemicals | |
| | V. Consumption of contaminated food will produce: | |
| | A. Internal irritation | |
| | B. Systemic poisoning | |
| | VI. Ways to protect food (use chart) | |
| | A. Keep in airtight containers | |
| | B. Keep food in shipping containers | |
| | C. Proper stacking | |
| | VII. Even though precautions are taken, if gas is used we will have some contaminated foods to decontaminate or destroy. | |
| | VIII. Factors concerning disposition of food: | |
| | A. Availability of uncontaminated food supply | |
| | B. Type of chemical agent used | |
| | C. Degree of contamination | |
| | D. Kind of food contaminated | |
| | E. Type of packing used | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>IX. War gases contaminate food by:</p> <ol style="list-style-type: none"> Going into solution in water or fat in food Being absorbed on the solid surface <p>X. Practical measures for purifying or decontaminating food:</p> <ol style="list-style-type: none"> Washing with water or 5% soda solution Trimming off exposed surface Adequate aeration Boiling in water <p>Above measures may be ineffective when arsenical agents are used.</p> <p>XI. Classification of chemical agents:</p> <ol style="list-style-type: none"> Non-Persistent <ol style="list-style-type: none"> Non-arsenical CG, CC, AC, CL Arsenical SA, DM, DA Harassing agents CA, CNB, CHS, PS Blister Gases <ol style="list-style-type: none"> Non-arsenical H, HN Arsenical L, ED Screening smokes WP, HC, FS, FM <p>XII. Condition produced by Non-persistent agents:</p> <ol style="list-style-type: none"> Non-Arsenical Arsenical <p>Decontamination procedures.</p> <p>XIII. Condition produced by screening smokes:</p> <ol style="list-style-type: none"> Decontamination procedures. <p>ARE THERE ANY QUESTIONS?</p> <p>55 Field Exercise</p> <p>Part I - 45 minutes</p> <p>Part II - 30 minutes</p> <p>Because of delay of 30 minutes while canned food is boiled in Part I, Part II will be started as soon as cans of food are placed in boiling water. Part II can then be started and completed before the time has elapsed necessary to complete Part I.</p> <p>I. Decontamination Procedures - Canned Food</p> <p>Purpose: To demonstrate how "H" contaminated canned foods may be decontaminated.</p> <p>Procedure:</p> <ol style="list-style-type: none"> Contaminate canned foods with small droplets of "H". Illustrate use of visicant detector paper to verify contamination. Contaminated cans of food should then be placed in a container of boiling water for 30 minutes. At end of 30 minutes cans should be rinsed and dried. Decontamination should be complete. <p>Verification of results may be obtained by odor or by use of M4 vapor detector kit.</p> <p>Labels will have soaked loose from cans while they were immersed in water. Cans should be marked to identify contents.</p> <p>C. Conclusion: <u>That "H" contaminated canned foods can be decontaminated in boiling water for 30 minutes.</u></p> <p>II. Decontamination of water contaminated with "H"</p> <p>Purpose: To demonstrate how "H" contaminated water may be recognized. To demonstrate how "H" contaminated water can be made usable.</p> |

Time
Schedule
Minutes

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

Procedure: Pour water into glass jar until $3/4$ full.

A. By use of pH paper determine pH of uncontaminated water - pH should be approximately 7.0

B. Add a few drops of liquid "H" to water with medicine dropper

C. Have class observe following characteristics of contaminated water:

1. Odor
2. Surface film of "H"
3. Liquid "H" at bottom of container

D. Approximately 2 quarts of water should be siphoned from between surface and bottom of container. (Care should be taken that no surface film or liquid "H" is passed to second container).

E. Water is then boiled 15 minutes.

F. Sample of water is then chlorinated with 5ppm chlorine.

G. Check for mustard with detector paper.

H. Let stand for 10 minutes and determine residual chlorine.

I. If 1 ppm or more is found, the water is safe for use.

Conclusion: It should be made clear to class that various tests made in connection with this water decontamination are not necessary in actual practice in the field. They are used to prove this method is effective.

Summary: 1. Cover important points covered in demonstration.

2. Impress class with importance of protecting food against contamination to eliminate necessity of decontamination.

ARE THERE ANY QUESTIONS?

Assignment of lesson for next day

SUBJECT : Field Kitchens and Equipment

TITLE OF PERIOD : Baking in the Field

TEXT REFERENCES : TM 10-405, TM 10-205, QM Service Training Journal
Vol. 4, #20, May 1944, Vol. 5, #2, July 1944

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; M1937 field range,
ingredients for cookies, and improvised equipment

TRANSPORTATION : Screen, projector, TF 10-1202, 1203, FS 10-134, 10-135, 10-25

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

13 PERIOD *2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | TF;FS Lecture Application |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| | <p>*This class will not be counted as part of the 96 hours of instruction but will be regarded as part of the make-up, review and test time.</p> <p>I. Baking on M1937 Field Range</p> <p>Aside from the usual methods of baking as described and demonstrated earlier in this course, there are a number of ways that the field range may be used - as a proofing cabinet, etc.</p> <p>The M1937 can be a great help to your baker for pie baking, cookies, etc. The transforming of the M1937 Cabinet to a shelf oven with the aid of some angle irons cut to fit inside the cabinet to act as a shelf for the Bake Pan.</p> <p>However, in order not to get too much direct heat, take an empty 5 gal. can, cut out the top and bottom and flatten it out. Put the can on the angle iron and this will help regulate and control the heat from the fire unit.</p> <p>II. In the event that the gasoline field range cannot be used for baking due to lack of gasoline, inadequate space, etc., the following method of baking is found to be sufficient.</p> <p>Materials needed:</p> <p>55 gal. oil drum - thoroughly scrubbed.</p> <p>Fire trench in the shape of a "T" using the side shaft as a draft channel - put the drum over the top part of the "T". Inside the drum fill 1/4 full with smooth clay to use as insulation and even heat conductor. Cover the clay with a piece of sheet metal if available. Improve a door of any material available.</p> <p>Show FS 10-134, 10-135, 10-25</p> <p>A demonstration on cookie baking will be carried out during this class using the recipe below:</p> <p>Show training films 10-1202, 10-1203</p> <p>Sugar Cookies</p> <p>25 men - 6 doz. cookies</p> <p>Flour - - - 12 oz.</p> <p>Baking powder - - 1 Mess Kit spoon</p> <p>Salt - - 1/8 oz.</p> <p>Shortening - - 1/3 lb.</p> <p>Water for milk</p> <p>Sugar Gran. - 3/4 lb.</p> <p>Eggs - - 2 only</p> <p>Vanilla - to taste</p> <p>Milk Evaporated - 1/2 can</p> <p>8 oz. sugar and 1 oz. cinnamon for topping</p> <p>Roll 1/8 inch thick and cut, bake 12 to 15 min. in 375° oven.</p> | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Methods of preserving food

TEXT REFERENCES : Par 1, TM 10-406; Conference Bulletin #1, #2, OQMG;
Canned Food Manual, TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, Folio

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

1 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Introduction A. History 1. Thousands of years ago men killed what he ate and threw away the surplus. Consequently, many winters found him cold and hungry. Later on, he discovered that he could store dry nuts, etc. Then man discovered fire, later he learned to dry, smoke and salt foods. These were the first methods of preserving food. | |
| 15 | II. Why foods spoil A. Air affects the color and flavor 1. Oxidation - affects fatty foods, bakery goods and some vegetables. B. Water 1. Rotting grain and vegetables in the field 2. Flood 3. Usually an indirect agent. C. Extremes of humidity 1. Damp - mold, stickiness, etc. 2. Dry air - evaporation, staleness D. Freezing - flabby, flavorless, curdling in thawing E. Rats, Mice, Birds and Insects F. Fire - smoke, ashes G. Dirt - attracts vermin H. Dust - micro-organisms I. Enzymes - complex chemical substances, existing in all plants and animals which have the power to change living matter without being affected themselves. Not all are deteriorations. 1. Checked by drying and refrigeration J. Micro-organisms | |
| 35 | III. Preservation of foods -- normally means: A. Refrigeration 1. Cellars were first used to store fruits and vegetables 2. Refrigerator car 3. Commercial cold storage 4. Quick frozen foods a. Started about 25 years ago B. Curing 1. Meat - to increase keeping qualities and to impart to it flavors of the curing agents a. Three methods 1) Pickle cure 2) Dry salt cure 3) Dry cure | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> b. Smoke C. Canning <ul style="list-style-type: none"> 1. History - the art of canning was developed as a military necessity - (Nicholos Appert) 2. Use of metal containers 3. Keeps food indefinitely 4. Hermetic seal 5. Vacuum packed D. Drying <ul style="list-style-type: none"> 1. Definition <ul style="list-style-type: none"> a. <u>Dried</u> is the term used in connection with all dried foods, regardless of the means used for extracting moisture. b. <u>Evaporated</u> is the term used in connection with the drying of apples, which are artifically dried by the application of heat in a kiln c. <u>Sun - Dried</u> is the term used in connection with the drying of food products entirely by exposure to the rays of the sun |
| 15 | <ul style="list-style-type: none"> IV. Preservation by dehydration <ul style="list-style-type: none"> A. Spoilage of raw food is due primarily to the growth of mold and bacteria <ul style="list-style-type: none"> 1. Molds and bacteria will remain dormant and harmless in the absence of a suitable medium for their growth. 3. 9 million pounds in the last war |
| 25 | <ul style="list-style-type: none"> V. Dehydration <ul style="list-style-type: none"> A. Importance of the food <ul style="list-style-type: none"> 1. Largest cost of any single item B. History <ul style="list-style-type: none"> 1. War necessities 2. Use of dehydrated food in the Civil War 3. Boer War 4. Spanish-American War 5. World War I 6. Dehydration in the German Army C. Effect of dehydrated foods on distribution D. Dehydrated food industry of today |
| 3 | <ul style="list-style-type: none"> VI. Questions |
| 2 | <ul style="list-style-type: none"> VII. Assignment of lesson for next day |

SUBJECT : Dehydrated Food

TITLE OF PERIOD : Advantage of Dehydrated Food (1)

TEXT REFERENCES : Par 2, TM 10-406; Conference Bulletin #3, OQMG

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; FS 10-119, Screen, Projector, baloptican & slides, Folio

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Film Strip |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| | | Lecture Baloptican Slides |
| 5 | I. Introduction A. General background of dehydrated food 1. Dehydration of food means simply the reduction of the water content of food under controlled condition of temperature, air velocity and humidity. | |
| 3 | II. Definition A. Dehydrated foods are fresh foods from which water and inedible portions, such as peels, cores, seeds, stems, and bones have been removed. | |
| 22 | III. Products Dehydrated A. Most fruits and vegetables - some meats B. The largest market for dehydrated foods was to commercial users. C. Renewed activity in the dehydration industry 1. Reasons a. New and improved production 2. Metal shortage 3. Economy of space and weight 4. Storage time and variety of climate D. Should be handled rapidly after reconstitution | |
| 40 | IV. Reasons for Dehydrated Foods A. Keeping qualities 1. Inactive micro-organisms 2. Insectproof container B. Advantages in storing 1. Will not freeze in storage even at low temperature. 2. Less space required a. Saves transportation b. Saves vital materials c. Example - 3 cars of dehydrated vegetables are the equivalent of 9 cars of fresh raw vegetables or eleven cars of canned vegetables. 3. Transportation a. Reduction of weight 1) Due to elimination of peeling, core, and other more edible portions 2) Removal of water b. Saving of cargo space 1) Estimated 1,239,920 railway cars of shipping space in 1942 - 1943 c. Vital materials 1) Tin and steel plate | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>d. Saving of labor</p> <ol style="list-style-type: none"> 1) Inedible portions removed 2) Preparation of yield becomes uniform 3) Calculation of required amounts is simplified. |
| 10 | V. Use baloptican slides to point out the advancement in dehydrated food |
| 15 | VI. Show film strip 10-119 |
| 3 | VII. Questions |
| 2 | VIII. Assignment of lesson for next day |

SUBJECT : Dehydrated Food

TITLE OF PERIOD : Advantages of Dehydrated Food (2)

TEXT REFERENCES : Chap 2, TM 10-406, Conference Bulletin #3, OQMG

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; Folio, One Ratio sheet for each student

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

3 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Application |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| | | Lecture Demonstration |
| 3 | I. Introduction A. Three most important factors in using dehydrated food 1. Soaking time 2. Correct Ratio 3. Cooking time | |
| 12 | II. Reconstitution of Dehydrated Foods A. Definition - Reconstitution is the process by which dehydrated foods are restored approximately to their original state or concentration of moisture in the fresh food. B. Factors in reconstitution 1. Condition of vegetable before it was dried 2. Methods used for blanching 3. Methods and temperatures of dehydration 4. Methods of reconstitution 5. Amount of water used for reconstitution | |
| 30 | III. Ratio Each student will be called upon to complete mathematically the reconstitution of at least one item of food after the instructor has completed a demonstration covering the following: A. Amount to be prepared 1. Based on one hundred men B. Weights of food per #56 dipper C. Weight of water per #56 dipper D. Temperature of water 1. Effect of weather, climate and altitude on dehydrated food | |
| 3 | IV. Questions | |
| 2 | V. Assignment of lesson for next day | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Dehydrated Vegetables and their Reconstitution (1)

TEXT REFERENCES : Par 3, TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, Ratio, Dehydrated Vegetables, Folio

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

4 PERIOD 1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 3 | I. Introduction A. Three most important factors of dehydrated foods; 1. Shipping space saved 2. Keeping qualities of dehydrated food 3. Time saving | |
| 3 | II. General A. Vegetables are usually prepared by one of four cooking methods: 1. Boiling 2. Baking 3. Frying 4. Pickling B. After reconstitution, dehydrated vegetables are adaptable to each of these cooking methods C. Various means of flavoring | |
| 5 | III. Kinds of dehydrated vegetables A. Julienne potatoes B. Julienne sweet potatoes C. Potato shreds D. Beets E. Carrots | F. Cabbage G. Turnips H. Onions I. Baked beans K. Green pea soup L. Yellow |
| 20 | IV. Factors considered in dehydration and reconstitution: A. Should closely resemble the original fresh product in color, flavor, texture and nutritive value. B. Variety of vegetables 1. Selected variety must be used others acquire a bitter flavor 2. Some vegetables lose flavor and color 3. Weakly colored and flavored vegetables are entirely unsatisfactory. C. Stage of maturity 1. Immature vegetables are weak in color and flavor 2. Overmature vegetables are usually tough and woody D. Harvesting 1. Green vegetables to be used for dehydrating should be harvested early or late in the day 2. Changes in vegetables during storage 3. Delays in harvesting E. Preparation 1. Washing, sorting, peeling, etc. 2. Suitable mechanical equipment 3. Conveyor delays 4. Sanitary conditions | |

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> F. Traying <ul style="list-style-type: none"> 1. Airation G. Blanching <ul style="list-style-type: none"> 1. All vegetables except onions 2. Use of steam 3. Over and under blanching H. Drying <ul style="list-style-type: none"> 1. Types of dehydration I. Drying time and dehydration capacity <ul style="list-style-type: none"> 1. Factors determining drying time: <ul style="list-style-type: none"> a. Design of dehydrator b. Volume of air-flow c. Maximum safe temperature d. Proportion of recirculation of air e. Dehydrator capacity f. Character of product to be dried J. Design of Dehydrator |
| 14 | V. Instructor will reconstitue one dehydrated vegetable explaining the ratio, soaking time and cooking. Part of this demonstration may be done during the lecture. |
| 3 | VI. Questions |
| 2 | VII. Assignment of lesson for next day |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Dehydrated Meats and Reconstitution

TEXT REFERENCES : Par 21-25, TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, M1937 field range complete, tool kit, ingredients for cooking meat,

TRANSPORTATION : FS 10-120, Projector, Screen, Folio

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil, Mess Kits

LESSON PLAN :

5 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| | | Lecture Film Strip |
| 5 | Put the meat to soak at this time for cooking demonstration later in the period. Be sure that the ratio and soaking period is made clear and that all students understand. | |
| 10 | I. Introduction A. Type of meat available as a dehydrated product: 1. Beef 2. Pork 3. Ham 4. Sausage 5. Corned beef 6. Bacon B. Two most important factors in rehydrating meats: 1. Ratio of reconstitution (amount of water) 2. Soaking period | |
| 10 | II. Discussion of background of dehydrated meat A. What type of meat is used? B. How it is processed for dehydration C. Discuss "pre-cooking" and its purpose D. The value of dehydrated products in the field 1. Space saving 2. Storage and keeping qualities 3. Ease of transporting | |
| 25 | III. Ratio and Soaking periods A. Go over carefully the ratios and soaking periods for: 1. Beef 2. Pork 3. Ham B. Using the blackboard figure 2 or 3 problems in rehydrating various amounts of meat. | |
| 10 | IV. Show film strip 10-120 | |
| 35 | V. Demonstration A. Prepare and cook the meat that has been soaking during the discussion. If no dehydrated meat is available, meat component of "C" and "K" Rations may be utilized. | |
| 3 | VI. Questions | |
| 2 | VII. Assignment of lesson for next day | |

SUBJECT : Final Examination

TITLE OF PERIOD : Final Examination

TEXT REFERENCES : All previous references

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Mimeographed examination

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Pencil

LESSON PLAN :

PERIOD *2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Examination |
|-----------------------------|-------------------------------------------------------------|
|-----------------------------|-------------------------------------------------------------|

*This class is not counted as part of the 96 hours of classroom instruction, but as a part of "make-up, review, and test time."

Students should be seated in every other seat, or the chairs should be moved so that there is at least three feet between each student.

The instructor must explain how the examination is to be written; what type of questions are in the exam, and what type of answers will be accepted.

Under no circumstances, will the instructor give aid to the student except to clarify a question. If a student has a question, he will come to the instructor, in order to eliminate any unnecessary noise or confusion in the classroom.

When a student completes the examination ahead of time, he will either sit quietly in his chair, or take a "break" outside the classroom until all are finished and the two hours allotted time is completed.

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Miscellaneous Foods and Their Reconstitution

TEXT REFERENCES : Par 17-21, Ch 4, TM 10-406; Conference Bulletin 6, 9, 10, OQMG

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; Folio, Dehydrated Foods, Necessary utensils, Gasoline field range;

TRANSPORTATION : FS 10-121, Projector, Screen

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

6 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| | | Lecture Application |
| 3 | I. Introduction A. Definition of Dehydrated Foods B. Importance of Dehydrated Foods | |
| 3 | II. Dairy Products - Dehydrated A. Milk 1. Whole 2. Skimmed B. Eggs C. Cheese D. Butter | |
| 6 | III. Milk A. Importance of milk in diet B. Uses of milk C. Types of dehydrated milk D. Processing of milk | |
| 6 | IV. Eggs A. Three types of dehydrated eggs B. Uses and advantages C. Processing of eggs 1. Quality 2. Pre - drying | |
| 5 | V. Cheese - Butter A. Importance in diet B. Types of butter used | |
| 7 | VI. Fruits A. Kinds 1. Apples 2. Cranberries B. Apples 1. Sauces 2. Fruit for pies and cobblers C. Cranberries 1. Cranberry sauce 2. Cranberry cocktail (juice) | |
| 5 | VII. Method of Reconstitution A. Important factors 1. Correct ratios 2. Temperature of water 3. Soaking period 4. Cooking periods | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Dehydrated vegetables and their reconstitution (2)

TEXT REFERENCES : Chap 3, TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; Group 30 Slides, baloptican, screen, Folio

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

7 PERIOD 2 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration Lecture Application |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 3 | I. Introduction | |
| | A. Reconstitution of vegetables | |
| 20 | II. Reconstitution | |
| | A. General - dehydrated foods remain in a state of preservation because of their low moisture content | |
| | B. Never soak vegetables overnight | |
| | C. <u>Reconstitution</u> is the practice of soaking water into previously dehydrated foods for the purpose of restoring the original moisture content. It is impossible to put the exact amount back into the product. | |
| | D. Factors which determine the efficiency of reconstitution: | |
| | 1. Condition of the vegetable before drying | |
| | 2. Methods used in blanching or pre-cooking | |
| | 3. Methods and temperatures of dehydration | |
| | 4. Method of reconstitution | |
| | a. Do not force reconstitution through boiling. | |
| | b. Vigorous boiling is not recommended at any time. | |
| | c. Test for tenderness. | |
| | d. Finished product. | |
| | 5. Large quantities of surplus water | |
| | a. Loss of valuable nutrients | |
| 10 | III. Show baloptican slides Group 30 | |
| 62 | IV. Demonstration | |
| | The students will reconstitute and prepare all available dehydrated vegetables under the observation of the instructor. | |
| 3 | V. Questions | |
| 2 | VI. Assignment of lesson for next day | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Complete Meal of Dehydrated Food

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; 3 gasoline field ranges, dehydrated food

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

PERIOD *1 HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Application |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| | <p>*This period will not be counted as part of the 96 hours of instruction, but will be regarded as part of the make-up, review and test time.</p> <p>The students will prepare, in addition to the vegetables, either scrambled eggs or meat components of "C" Rations (used to simulate dehydrated meat) and a dessert either fruit or pies. All of these combined will furnish a complete dehydrated meal that the students themselves have reconstituted and cooked.</p> <p>This is done to familiarize the students with a complete dehydrated menu. Showing advance planning for soaking time and utilization of cooking space in using gasoline field ranges.</p> | |

PERIOD #1 HOURS (Duration) PLACE: Classroom

-98-

TRAINING FILMS

| | | | |
|------------|------------------------------------------------------------------|--------------|--------------|
| TF 7-295 | Military Training | Running Time | - 58 minutes |
| TF 8-155 | Personal Hygiene | " " | - 36 " |
| TF 8-1174 | Purification of Water | " " | - 18 " |
| TF 10-1104 | The M1937 Field Range, Part I Range Equipment & the fire unit | " " | - 17 " |
| TF 10-1105 | The M1937 Field Range, Part II Cleaning and Maintenance | " " | - 20 " |
| TF 10-1133 | The Army Cook, Part I, Meat Cutting, Tools & Equipment | " " | - 20 " |
| TF 10-1134 | The Army Cook, Part II, Cutting of the hindquarter of beef | " " | - 11 " |
| TF 10-1135 | The Army Cook, Part III, Cutting of the forequarter of beef | " " | - 20 " |
| TF 10-1136 | The Army Cook, Part IV, Cutting Lamb | " " | - 15 " |
| TF 10-1137 | The Army Cook, Part V, Cutting Veal and Pork | " " | - 13 " |
| TF 10-1138 | The Army Cook, Part VI, Cooking and Carving of Meat | " " | - 22 " |
| TF 10-1202 | Baking in the field with gas | " " | - 29 " |
| TF 10-1203 | Baking in the field with wood | " " | - 30 " |
| TF 10-1215 | Rations in the Combat Zone, Part II, Unit Messing | " " | - 16 " |
| TF 10-1216 | Rations in the Combat Zone, Part III, The "C" Ration | " " | - 10 " |
| TF 10-1237 | Rations in the Combat Zone Part I, "Fighting Foods" | " " | - 10 " |
| TF 10-1291 | Conservation of Food | " " | - 20 " |
| FB 27 | Women at War (mobile baking) | " " | - 10 " |
| Misc 787 | Bread Leavening Agent | " " | - 16 " |
| TF 8-999 | The Fly | " " | - 16 " |

FILM STRIPS

| | |
|-----------|-------------------------------------------------------------------------------------|
| FS 8-43 | Methods of Military Training |
| FS 8-52 | Mess Improvement, Part I, Promoting Good Food Habits |
| FS 8-53 | Mess Improvement, Part II, Food for Health |
| FS 8-55 | Classes and Grades of Poultry |
| FS 8-56 | Types and Forms of Cheese |
| FS 8-60 | Disposal of Waste |
| FS 8-61 | Mess Sanitation |
| FS 8-62 | Water Supply and Purification |
| FS 10-25 | QM Battalion Bakery |
| FS 10-94 | The Daily Telegram |
| FS 10-95 | The Five Classes of Supply |
| FS 10-96 | Messing, Part II, The Railway Kitchen |
| FS 10-97 | Messing, Part I, in Garrison |
| FS 10-98 | Messing, Part III, The semi-permanent Field Kitchen |
| FS 10-100 | Messing, Part IV, The Mobile Kitchen |
| FS 10-106 | Refrigeration of Foods, Part I, in the field |
| FS 10-116 | Operation of Class I, Railhead |
| FS 10-118 | Army Range #5 |
| FS 10-119 | Dehydrated Foods, Pt I, Dehydration & its advantages |
| FS 10-120 | Dehydrated Foods, Pt II, Preparation of Dehydrated Foods |
| FS 10-121 | Dehydrated Foods, Pt III, Reconstitution of Dairy Products |
| FS 10-122 | Food is Ammunition |
| FS 10-123 | Mess Supervision, Part II, Waste is Sabotage |
| FS 10-127 | Mess Supervision, The Use of Leftovers |
| FS 10-128 | How to Operate the one burner gasoline cooking stoves, M41 & M42 |
| FS 10-131 | The Daily Telegram |
| FS 10-134 | Baking in the Field - Field Expedients - Part II, Adpt. of the M1937 Field Range |
| FS 10-135 | Baking in the Field (Field Expedients) |
| FS 10-138 | Field Expedients, (Individual Cooking) |
| FS 10-139 | Individual Cooking |
| FS 10-140 | Individual Cooking, Part III, The Arctic |

TRAINING AID CHART

- #1 MEATS, SAUCES AND GRAVIES - - - - Ref: TM 10-405, TM 10-205
(1) Use tender and less tender cuts properly
(2) & (3) Place food in luxury class with sauces and Gravies
(au Jus)
- #2 RATIONS - - - - - Ref: TM 10-405, TM 10-205
(1) Types of Field Rations (A,B,D)
(2) U.S. Army Field Ration "C"
(3) Accessory Packet "C" Ration
(4) U.S. Army Field Ration "K"
- #3 -1-2 POULTRY
(1) Dressed, Bled. Dressed, Drawn
(2) Broilers, Fryers, Cockerel, stag
(3,4,5) Preparation for cooking
- #4 COFFEE
(1) Prepare correctly. Measure carefully. Clean equipment.
(2) Add coffee to boiling water. Do not boil after adding coffee
(3) Tea and Cocoa
- #5 SANDWICHES - - - - - Ref: TM 10-405
(1) Types of fillers
(2) Steps in sandwich making 1,2,3
(3) Steps in sandwich making 4,5,6.
- #6 FISH AND SHELL FISH - - - - - Ref: TM 10-405
(1) Test for freshness
(2) Cleaning
(3) Shell Fish
- #7-1-2-3 BINDERS, LEFTOVERS, CONDIMENTS - Ref: TM 10-405, TM 10-205
(1) The Magic GI Chef
(2) Ten Commandments of leftovers
(3) Flavoring Extracts
(4) Spices
- #8-1-2-3 SOUPS, DAIRY PRODUCTS, VEGETABLES-Ref: TM 10-405
(1) Soups
(2) Recipes (1-2) Army cook should follow
(3) Milk - "The Perfect Food"
(4) Cheese
(5-6-7-8) Prepare vegetables shortly before use, for cooking.
- #9 NUTRITION - - - - - Ref: TM 10-405
(1) Elements of Nutrition
(2) Nutrition - Use of food by the body
(3) Nutrients in foods
(4) Carbohydrates
(5) Fats
(6) Proteins
(7) Vitamins - Peak body efficiency
(8) Vitamins - Speedy recovery
(9) Minerals
(10) Water
- #10 DAILY TELEGRAM
(1) Daily Telegram, Telephone, Telegraph, Radio, Messenger
(2) Depot, Local Procurement
- #11 (1) Preserving perishables by refrigeration
(2) Frozen vegetables
- #12 VEGETABLES AND FRUITS
(1) Canned - Dried
(2) Fruits
(3) Citrus Fruits
(4) Canned food
(5) Canned food (continued)
- #13-1-2 MEATS
(1) Methods of thawing meats
(2) Cured and smoked meats
(3) Storage of fresh meats (pork)
(4) Storage of fresh meats (beef, lamb, veal)
(5) to (9) Cooking time of lamb, pork, picnic, smoked and veal.

- #14 BREAKFAST FOODS
 - (1) Cereals
 - (2) Breakfast dishes
 - (3) Eggs
- #15 (1) Plan of work - why - how?
- #16
 - (1) Ways of mixing pie crust
 - (2) Ingredients of pie crust
 - (3) Pastry baking
 - (4) Ingredients of cake baking
 - (5) Faults of cake baking
 - (6) Gluten in bread making
 - (7) Leavening agents in bread making, extracts (pure & imitation)
- #17 KINDS OF DESSERTS
- #18 MESS OFFICERS - - - - - Ref : TM 10-405, TM 10-205
 - (1) Chain of Commands
 - (2) Mess Officers (1,2,3,4)
 - (3) Mess Officers (5,6,7,8)
- #18 A MESS PERSONNEL
 - (1) Duties of Mess Personnel
 - (2) Mess Sergeant (1,2,3,4)
 - (3) Mess Sergeant (5,6,7,8)
 - (4) Cook (1,2,3)
 - (5) Cook (4,5,6,7)
 - (6) Dining Room Orderly
 - (7) Kitchen Police
- #19 Meat Chart of Pork Cuts - Wilson and Company (Commercial Cuts)
- #20 Meat Chart of Beef Cuts - Wilson and Company (Commercial Cuts)
- #21 Meat Chart of Lamb Cuts - Wilson and Company (Commercial Cuts)
- #22 Meat Chart of Pork Cuts - National Live Stock and Meat Board
- #23 Meat Chart of Beef Cuts - National Live Stock and Meat Board
- #24 Nutrition Requirements in Balanced Diet - National Live Stock and Meat Board
- #25 Food Chart - National Live Stock and Meat Board
- #26 Vitamin Chart - National Live Stock and Meat Board
- #27 Food Values - National Live Stock and Meat Board
- #28 Save Fat - National Live Stock and Meat Board
- #29 Meat Lecture Chart - Boneless Beef Cuts - National Live Stock and Meat Board
- #30 Meat Lecture Chart - Kitchen Helps - National Live Stock and Meat Board
- #31 Meat Lecture Chart - Cooking Methods - National Live Stock and Meat Board
- #32 Grain Chart - General Foods
- #33 Vitamin and Mineral Information - General Mills, Inc.

TEXT BOOK AND MIMEOGRAPHED MATERIAL

- TM 3-220 Decontamination
- TM 3-221 Decontamination Apparatus M3A1
- TM 5-267 Camouflage
- TM 5-295 Water Supply and Water Purification
- TM 10-205 Mess Management and Training
- TM 10-215 Sales Commissary Operations
- TM 10-405 The Army Cook
- TM 10-406 Cooking Dehydrated Food
- TM 10-407 Cutting of Beef
- TM 10-408 Cutting and preparing Lamb
- TM 10-210 Inspection of Subsistence Supplies
- TM 10-410 The Army Baker
- TM 10-411 Baking manual for the Army Cook
- TM 10-412 Army Recipes
 - Canned Food Manual
- TM 21-250 Army Instruction
- FM 5-20 Camouflage
- FM 5-20 A Camouflage of Individuals and Infantry Weapons
- FM 5-20 B Camouflage of Vehicles

| | |
|-----------|--------------------------------------------------------------------------|
| FM 5-20 C | Camouflage of Bivouac Camp supply points & Medical Installations. |
| FM 8-40 | Field Sanitation. |
| FM 10-420 | Emergency Food plants and poisonous plants of the Island of the Pacific. |
| FM 21-10 | Military Sanitation and First Aid |
| FM 31-20 | Jungle Warfare |
| FM 31-25 | Desert Operations |
| FM 21-40 | Defense Against Chemical Attack |
| | School Regulations |
| | Student Declarations |
| | Notes on Dehydrated Foods |
| | Messing of Troops on Railroads |
| | Army Range #5 |
| | Grease Rendering Graphs |
| | Utilization of Fats |
| | Meat Reference Manual |
| | Dehydrated Foods Ratios |
| | Vitamin Sheet |
| | Quick Frozen Fruits |
| | Foodstuffs |
| | QMC Form 469 |
| | Current Menu |
| | Nutrition in Everyday Practice |
| | Commutation of Rations |
| | AR 40-590 and Changes |
| | Proper Storage of Foods |
| | Time Schedule |
| | Supplies for Kitchen Cars on Trains |
| | Current Price List |
| | Issuing Meat by Unit Supply |
| | Mess Sanitation |
| | Food Chart |
| | Bill of Fare |
| | Gratuity Pay Roll |
| | Receipt of Supplies |
| | Inspection Sheets |
| | Nutrition Chart (Both) |
| | 10 Lessons on Meat |
| | WD Training Cir 36 -- 1943 |
| | QM Service Journals |
| | AR 30-2210 |
| | AR 210-50 |
| | AR 40-205 |

BALOPTICAN SLIDES

| SUBJECT AND/OR TITLE | GROUP NUMBER | NO. OF SLIDES | REMARKS |
|----------------------------------|-----------------|------------------|-------------------------------|
| Baking QM Garrison | 1 | 17 | |
| Field | 2 | 14 | With or without ovens. |
| Baking powder biscuits | 3 | 9 | Including corn bread & hot- |
| Cake | 4 | 10 | cakes |
| Cookies | 5 | 14 | |
| Rolls, Basic | 6 | 25 | |
| Sweet dough products | 7 | 48 | |
| Pies | 8 | 20 | |
| Canned Foods | 9 | 93 | Process & manufacture |
| Coffee | 10 | 25 | Growth, Production & rule |
| Deep Fat Frying | 11A | 27 | making. |
| Meats: Beef Boning Forequarters | 12 | 70 | "Griddle Frying" in Center |
| Beef Boning, hindquarters | 13 | 55 | File |
| Beef boning | 14 | 11 | From TM 10-407 (11B) |
| Lamb boning | 15 | 75 | From TM 10-407 |
| Cuts, Cookery & Carving | 16 | 28 | From TM 10-405 |
| Glandular | 17 | 20 | Also one Chart Pork Whole- |
| Jams and Jellies | 18 | 6 | sale Cut |
| Rations | 19 | 8 | |
| Rations "K" | 20 | 5 | |
| Salads | 21 | 7 | |
| Vitamins & Nutrition | 22 | 22 | Vitamins, minerals, proteins, |
| Vitamin Deficiency | 23 | 8 | etc. |
| Field Cooking; Individual | 24 | 8 | 2 sets, dupl. (Source & func- |
| Field Cooking, M1937 Field Range | 25 | 14 | tion) |
| Field Cooking, #1 Field Range | 26 | 8 | Showing improvised methods |
| Field Cooking, #2 Field Range | 27 | 2 | |
| Field Sanitation | 28 | 28 | |
| Wynne Oil Burner | 29 | 18 | |
| Dehydrated Foods | 30 | 58 | |
| Dehydrated Foods, Baking | 31 | 26 | |
| Supply of Troops in Combat | 32 | 15 | |
| Veal | 33 | 3 | |
| Miscellaneous | 34 | 7 | |

INSTRUCTOR'S NOTES

CHAPTER I

The first part of the course is devoted to the study of the properties of the real numbers. The student should be able to understand the meaning of the real numbers and to be able to manipulate them. The second part of the course is devoted to the study of the properties of the complex numbers. The student should be able to understand the meaning of the complex numbers and to be able to manipulate them.

The third part of the course is devoted to the study of the properties of the rational numbers. The student should be able to understand the meaning of the rational numbers and to be able to manipulate them. The fourth part of the course is devoted to the study of the properties of the irrational numbers. The student should be able to understand the meaning of the irrational numbers and to be able to manipulate them.

1. The first part of the course is devoted to the study of the properties of the real numbers. The student should be able to understand the meaning of the real numbers and to be able to manipulate them.

DETAILED PROGRAM

T-03-

| PER | : | HRS | : | SUBJECT BREAKDOWN | TOTAL HOURS | LESSON PAGE PLAN |
|-----|---|-----|---|---------------------------------------------------------------------------------------------|----------------|-----------------------------|
| | | | | I. FIELD RANGES AND FIELD COOKING | 9 | |
| 1 | : | 4 | : | The parts Operation and Care of the M1937 and M1944 Field Range | | 97 |
| 2 | : | 2 | : | Chemical Agents and their Effect on Food and Water; Decontamination of Food and Water | | 103-104- 105 |
| 3 | : | 1 | : | Field Storage, Field Cooking and Serving | | 106 |
| 4 | : | 1 | : | Field Sanitation and Kitchen Set- Up in the Field | | 107 |
| 5 | : | 1 | : | Cooking on Troop Movements | | 108-109 |
| | | | | II. DEHYDRATED FOODS | 12 | |
| 1 | : | 4 | : | Vegetables and Fruits Dehydrated | | 98-99 |
| 2 | : | 4 | : | Complete Meal of Dehydrated Food | | 100-101 |
| 3 | : | 4 | : | Dehydrated Foods - Cake and Pie | | 102 |
| | | | | III. HOSPITAL DIETS | 3 | |
| 1 | : | 3 | : | General, Therapeutic and Special Diets | | 110-111- 112-113- 114 |
| | | | | IV. PREPARATION FOR BIVOUAC | 6 | |
| 1 | : | 3 | : | Kitchen Set-up in the Field | | 115-116- 117 |
| 2 | : | 1 | : | Use and Care of Coleman Lantern | | 119 |
| 3 | : | 1 | : | Individual Cooking Expedients | | 120-121 |
| 4 | : | 1 | : | Cooking of Motor Convoy | | 118 |

SUBJECT : Field Ranges and Field Cooking

TITLE OF PERIOD : The Parts, Operation and Care of the M1937 and M1944 Field Ranges

TEXT REFERENCES : Pers 76-82 TM 10-405; QM Field Range Manual, Your Army Field Range M1937 - JQMD

INSTRUCTIONAL AIDS :

PERSONNEL : Instructor and Assistant

EQUIPMENT : 16mm Projector; TF 10-1105; Display Board, M1937 & M1942 - 1944 Fire Units; Tool Kits; Standard

TRANSPORTATION : Classroom Equipment

REQUIREMENTS : None

TRAINEE'S EQUIPMENT : Notebook and Pencil

LESSON PLAN :

1 PERIOD 4 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Demonstration Application |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 15 | I. Introduction <ul style="list-style-type: none"> A. History of manufacture B. Its place in modern warfare C. Its construction D. Its importance to the student E. Use of gasoline fire unit and range F. Emergency use as wood burning range | |
| 80 | II. Explanation <ul style="list-style-type: none"> A. Names of parts of fire unit (unassembled). Use display board B. Location of parts (unassembled) C. Tools and their function - importance and care D. Combination and flow of gas and air through the unit from raw stage to flame E. Description of M1937 Field Range: <ul style="list-style-type: none"> 1. Accessories 2. Position of fire unit for different cooking 3. Temperatures 4. Operation of fire unit 5. Cleaning of range and fire unit 6. Troubles and their treatments | |
| 45 | III. Demonstration (Group Performance Method) <ul style="list-style-type: none"> A. Student will follow the Instructor as he dis-mantles and re-assembles the unit B. Conclusion: <ul style="list-style-type: none"> 1. Operations of units in the field. 2. Standard operations for M1937 Range 3. Do's and Don't's and precautions for field operation of range | |
| 10 | IV. Orient Class for Training Film <ul style="list-style-type: none"> A. Purpose B. Scope C. High points to be noted and remembered D. Warning of questions to follow | |
| 50 | V. Show Training Film 10-1104 and 10-1105 <ul style="list-style-type: none"> A. The Instructor should have at least ten simple direct questions previously prepared. They should cover: <ul style="list-style-type: none"> 1. Proper usage of fire unit 2. Methods of cleaning and operating fire unit 3. Methods of usage of the cabinet | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Vegetables and Fruits (dehydrated)

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment; M1937 Field Range;
All available dehydrated vegetables and fruits;

TRANSPORTATION : Dehydrated vegetable chart; FS 10-119, FS 120; FS

REQUIREMENTS : Projector; Screen

TRAINEE'S EQUIPMENT: None

Notebook and Pencil

LESSON PLAN :

1 PERIOD 4 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 4 | I. Introduction | |
| 26 | II. Definition of dehydrated foods A. Food from which all moisture and non-edible portions has been removed - peels, stems, bones and tendons B. Three most important factors of dehydrated foods: 1. Shipping space saved a. One ship of dehydrated food is equal to 9 ships of fresh foods b. Very important in time of war c. Large amount of tin saved 2. Keeping qualities of dehydrated food a. Keeps indefinitely in ordinary climate 3. Time saving a. Very important overseas b. Less mess personnel necessary c. Hasty preparation often necessary | |
| 15 | III. Kinds of Dehydrated Vegetables A. Julienne potatoes B. Julienne sweet potatoes C. Potato shreds D. Beets E. Carrots F. Cabbage G. Turnips H. Onions I. Baked beans J. Green pea soup K. Split pea soup | |
| 15 | IV. Kinds of Dehydrated Fruits A. Apples B. Cranberries C. Uses for both | |
| 40 | V. Show Film Strip 10-119, FS 120 | |
| 40 | VI. Three important factors in cooking Dehydrated Foods A. Ratios 1. First step in cooking dehydrated foods 2. Must know the amount of water used to amount of products 3. Must know how many ounces to a #56 dipper 4. The #56 dipper will be our scale in the field B. Soaking period 1. Never soak any vegetables overnight; one hour is usually sufficient 2. Soak cole slaw 40 minutes 3. Use cool water on vegetables (One exception - shredded potato) | |

| TIME | POINTS TO BE PRESENTED AND PLAN OF PRESENTED | Lecture and Demonstration |
|----------|----------------------------------------------|---------------------------|
| SCHEDULE | | |
| MINUTES | | |

C. Cooking Period

1. Bring to a slow boil
2. Simmer until done
3. In cooking, use small amount of water
 - a. Only enough to prevent burning
 - b. Vitamin content is lowered in excessive

amount of water

- 15 VII. Breakdown of Recipe of 100 men to 25 men (Dehydrated Vegetables)
- | | |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| <p>A. Boiled Cabbage</p> <p>14 oz. - dehydrated cabbage</p> <p>8 lb. - water</p> <p>8 oz. - bacon</p> | <p>Soak 20 to 40 minutes; bring to a boil. Add salt-simmer until tender-fry off bacon-add to cabbage when done</p> |
| <p>B. Beets - buttered</p> <p>14 oz. - beets</p> <p>6 lb. - water</p> <p>1/4 lb. - butter</p> | <p>Soak 30 to 40 minutes; bring to a boil and simmer until done - add butter, salt & pepper</p> |
| <p>C. Carrots - buttered</p> <p>16 oz. - carrots</p> <p>6 lb. - water</p> <p>1/4 lb. - butter</p> | <p>Soak 40 to 60 minutes; bring to a boil and simmer until done - add butter, salt & pepper</p> |

15 VIII. Breakdown of Recipes for Dehydrated Fruits

- | | |
|------------------------------------------------------------------------------------------------------------------------|--|
| <p>A. Apples</p> <ol style="list-style-type: none"> 1. Apple Sauce 2. Apple Pie | |
| <p>B. Cranberries</p> <ol style="list-style-type: none"> 1. Cranberry Sauce 2. Cranberry Juice | |

30 IX. Preparation of Dehydrated Vegetables (Demonstration)

- | | |
|----------------------------------------------------------------------------------------------------------------------|--|
| <p>A. Soaking time</p> <p>B. Ratio</p> <p>C. Simmering time</p> <p>D. Allow each man to taste the cooked product</p> | |
|----------------------------------------------------------------------------------------------------------------------|--|

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Complete Meal of Dehydrated Food

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor and Assistant

EQUIPMENT : Standard Classroom Equipment; Dehydrated Meat, Vegetables & Fruit; M1937 Field Range

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

2 PERIOD 4 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| | Pork Patties - Carrots - Hash Brown Potatoes - Apple Nuggets Bean Soup | |
| 15 | I. Introduction A. Put meat to soak at this time. Let the students figure out the right ratio of water and make clear the soaking period and temperature of water used | |
| 10 | II. Types of Meat available as a dehydrated product: 1. Beef 2. Pork 3. Ham 4. Sausage 5. Corned Beef 6. Bacon Two most important factors in rehydrating meats: 1. Ratio of water 2. Soaking period | |
| 20 | III. Ratio and soaking period of Meat A. Go over carefully, the ratios and soaking periods B. Use the blackboard to figure 3 or 4 problems in rehydrating of meats | |
| 25 | IV. Discussion of background of dehydrated Meats A. How it is dehydrated B. Two types used by the Army - fresh and pre-cooked C. Value of dehydrated products in the field 1. Space saving 2. Storage and keeping qualities 3. Time saving | |
| 10 | V. Put the Julienne potatoes and Carrots to soak A. Let the students compute the ratio | |
| 15 | VI. Dehydrated Vegetables A. Julienne potatoes B. Julienne sweet potatoes C. Potato shreds D. Carrots E. Beets F. Cabbage G. Turnips H. Onions I. Baked Beans J. Soups 1. Two important factors in rehydration of vegetables: a. Ratio of water b. Soaking period | |
| 20 | VII. Ratio and soaking period of Vegetables A. Go over carefully ratios and soaking periods B. Use the blackboard to figure out 4 or 5 problems in rehydration of vegetables | |

| TIME | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|----------|-------------------------------------------------|---------------------------------|
| SCHEDULE | | |
| MINUTES | | |

- | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 | <p>VIII. Discussion of background of dehydrated Vegetables</p> <ul style="list-style-type: none"> A. How they are dehydrated B. Value of dehydrated products in the field <ul style="list-style-type: none"> 1. Shipping and storage space 2. Keeping qualities 3. Time and labor saving 4. Saving of vital war materials |
| 10 | <p>IX. Start the potatoes and carrots to cooking</p> <ul style="list-style-type: none"> A. Bring to a slow boil and simmer until tender B. Never use a high flame C. Use just enough water to prevent burning |
| 5 | <p>X. Start soaking of the onions</p> <ul style="list-style-type: none"> A. Soaking period - 20 minutes |
| 5 | <p>XI. Start cooking of Apple Nuggets</p> <ul style="list-style-type: none"> A. Let the class figure out the amount of water B. No soaking time C. Simmer until tender |
| 15 | <p>XII. Start preparation of the bean soup</p> <ul style="list-style-type: none"> A. Let the class figure the amount of water B. No soaking time C. Bring to a slow boil and simmer 3 minutes |
| 15 | <p>XIII. Making the pork patties</p> <ul style="list-style-type: none"> A. Brown off the onions B. Reconstitute the eggs C. Use cracker crumbs as a binder D. Add these three to the pork and make in patties E. Cook until brown |
| 20 | <p>XIV. Completion of meal</p> <ul style="list-style-type: none"> A. Allow each student to see and taste each item that is prepared B. Answer all questions |

SUBJECT : Dehydrated Food

TITLE OF PERIOD : Dehydrated Foods -- Cake and Pie

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : M1937 Field Range, Dehydrated Food, Standard Classroom Equipment

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

3 PERIOD 4 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 8 | I. Introduction A. Briefly review Dehydrated Fruits | |
| 27 | II. Start preparation for Apple Pies A. Students do the work and compute the ratio 1. Ratio of apples - 1 to 6 2. No soaking period 3. Simmer until tender a. Add sugar and spices after the apples are done. b. Should be thoroughly cooled before placing in crust. | |
| 45 | III. Preparation of Pie Crust A. Made by the students 1. Ratio - 1 lb. lard to 2 lb. flour 2. Use ice-cooled water 3. Explain the blending of the flour, water, lard and salt. 4. Bake in hot oven | |
| 50 | IV. Mixing of cake by students A. Blend shortening and sugar - all eggs 1. Should be thoroughly creamed B. Add milk and dry ingredients C. Bake in moderate oven | |
| 50 | V. Preparation of custard pie A. Reconstitute eggs - 1 lb. to 2 lbs., 10 oz. B. Reconstitute milk - 1 to 5 C. Blend eggs and dry ingredients D. Add milk | |
| 17 | VI. Cut cake and pies and serve to students | |
| 3 | VII. Questions | |

SUBJECT : Field Ranges and Field Cooking

TITLE OF PERIOD : Chemical Agents & their effect on food & water; Decontamination of food and water

TEXT REFERENCES : TM 3-220 par 65d - (1) - (8)

INSTRUCTIONAL AIDS : Officer Instructor and NCO assistant

PERSONNEL : 2 Chemical Warfare Charts; Speakers stand; pH Indicator strip (Med Dept item 13260); 3 one gal. glass jars; 2 Ampules Calcium Hypochlorite; Liquid "H" & medicine dropper; Siphon hose 3' long; 1 pr permeable gloves; 1 pr rubber gloves; 1 rubber apron; 1 gas mask; 1 wooden paddle; 2 stock pots; 1 Field Range; 3

EQUIPMENT : cans food-Protective ointment-GI soap & pan-test kit; M4 Visicant detector crayon and paper

TRANSPORTATION : None

REQUIREMENTS : None

LESSON PLAN : None

2 PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION AND DEMONSTRATION |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | Introduction |
| 43 | <p>I. Protection of food is a prime consideration for all personnel charged with handling it. It is much easier to protect food from contamination than to decontaminate it.</p> <p>II. Points to consider regarding contamination of foods by chemical agents</p> <p>A. War gases are highly penetrative</p> <p>B. Foods, particularly moist and fatty foods, are highly absorbent</p> <p>C. Wrapping and packing methods may be absorbent and permit passage of war gases</p> <p>D. Gas can penetrate food wrappings unless they are air tight</p> <p>E. Materials which soak up oil and water absorb and eventually permit passage of gas</p> <p>III. Contamination may occur:</p> <p>A. Upon contact with vapor</p> <p>B. Upon contact with splashes</p> <p>C. Upon contact with spray of liquid chemicals</p> <p>D. Upon contact with solid chemicals</p> <p>IV. Consumption of contaminated food will produce:</p> <p>A. Internal irritation</p> <p>B. Systemic poisoning</p> <p>V. Ways to protect food (use chart)</p> <p>A. Keep in airtight containers</p> <p>B. Keep food in shipping containers</p> <p>C. Proper stacking</p> <p>VI. Even though precautions are taken, if gas is used we will have some contaminated foods to decontaminate or destroy</p> <p>VII. Factors concerning disposition of food</p> <p>A. Availability of uncontaminated food supply.</p> <p>B. Tube of chemical agent used.</p> <p>C. Degree of contamination.</p> <p>D. Kind of food contaminated.</p> <p>E. Type of packing used.</p> <p>VIII. War gases contaminate food by:</p> <p>A. Going into solution in water or fat in food</p> <p>B. Being absorbed on the solid surface</p> |

IX. Practical measures for purifying or decontaminating food:

- A. Washing with water or 5% soda solution
- B. Trimming off exposed surface
- C. Adequate aeration
- D. Boiling in water

Above measures may be ineffective when arsenical agents are used.

X. Classification of chemical agents

- A. Non-persistent
 - 1. Non-arsenical CG, CC, AC, CL
 - 2. Arsenical L, ED
- B. Harassing agents CA, CNB, CNS, PS
- C. Blister Gases
 - 1. Non-Arsenical H, HN
 - 2. Arsenical L, ED
- D. Screening Smokes WP, HC, FS, FM

XI. Condition produced by non-persistent agents

- A. Decontamination procedures

WATER

XII. Protection of water against contamination

XIII. Condition produced by Mustard, Lewisite ED, Chloro-picrin.

XIV. Condition produced by Arsenical smokes, DM, DH

XV. Condition produced by CG, HC, FS

XVI. Condition produced by systemic poisoning

XVII. Summarize important points covered during hour.

FIELD EXERCISE

Part I - 45 minutes

Part II - 30 minutes

Because of delay of 30 minutes while canned food is boiled in Part I, Part II will be started as soon as cans of food are placed in boiling water. Part II can then be started and completed before the time has elapsed necessary to complete Part I.

I. Decontamination Procedures - Canned Food

Purpose: To demonstrate how H contaminated foods may be decontaminated.

Procedure:

A. Contaminate canned foods with small droplets of "H"
Illustrate use of visicant detector paper to verify contamination.

B. Contaminated cans of food should then be placed in a container of boiling water for 30 minutes. At the end of 30 minutes cans should be rinsed and dried. Decontamination should be complete.

1. Verification of results may be obtained by odor or by use of M4 Vapor Detector Kit.

2. Labels will have soaked loose from cans while they were immersed in water. Cans should be marked to identify contents.

C. Conclusion: That "H" contaminated canned foods can be decontaminated in boiling water for 30 minutes

II. Decontamination of water contaminated with "H"

Purpose: To demonstrate how "H" contaminated water may be recognized.

To demonstrate how "H" contaminated water can be made usable.

Procedure: Pour water into glass jar until 3/4 full

A. By use of pH paper determine pH of uncontaminated water -- pH should be approximately 7.0

B. Add a few drops of liquid "H" to water with medicine dropper

C. Have class observe following characteristics of contaminated water:

1. Odor

2. Surface film of "H"

3. Liquid "H" at bottom of container

D. Approximately 2 quarts of water should be siphoned from between surface and bottom of container. (Care should be taken that no surface film or liquid "H" is passed to second container).

E. pH of this water should be determined and it should be approximately 5.2 which shows "H" will reduce pH of water.

F. Add enough Activated Carbon to reduce amount of poison in water to harmless properties. (Standard amount is 5 lbs. of Activated Carbon per 1000 gal. of water).

1. Agitate water and carbon

2. Allow carbon to settle in water

G. Sample of water is then chlorinated with 5ppm Chlorine

H. Let stand for 10 minutes and determine residual Chlorine

I. If 1ppm or more is found the water is safe for use

Conclusion: It should be made clear to class that various tests made in connection with this water decontamination are not necessary in actual practice in the field. They are used to prove this method is effective.

Summary: 1. Cover important points covered in demonstration
2. Impress class with importance of protecting food against contamination to eliminate necessity of decontamination.

SUBJECT : Field Ranges and Field Cooking

TITLE OF PERIOD : Field Storage, Field Cooking and Serving

TEXT REFERENCES : Par 76, 81, 82 TM 10-405 - ASFTC Annex I, Training Regulation #6; Par 39 FM 21-10

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment; FS 10-106, Projector, Screen

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

3 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 5 | I. Storage necessity in the field | |
| 10 | II. Rules for Field Storage <ul style="list-style-type: none"> A. Use dunnage for stocking goods B. Keep supplies covered C. Use supply tent (small wall or pyrimidal) or trailer for storage of nonperishables D. Use of field icebox for storage of perishables; suspended food container for bread E. Keep kitchen under cover F. Keep gasoline stored away from kitchen G. Do not store personal effects with foodstuff | |
| 5 | III. Collapsible - Portable Icebox <ul style="list-style-type: none"> A. Draw illustration on blackboard B. Method of storage | |
| 7 | IV. Suspended Food Container <ul style="list-style-type: none"> A. Illustration | |
| 15 | V. Field Cooking <ul style="list-style-type: none"> A. Importance of following the menu as closely as possible B. Importance of desserts and bake products <ul style="list-style-type: none"> 1. Morale factor C. Careful planning of cooking schedules | |
| 8 | VI. Serving in the Field <ul style="list-style-type: none"> A. Dispersion <ul style="list-style-type: none"> 1. Assembly area 2. Area for eating 3. Serving pots 15 yards apart - 30 yards between squads. B. Cover <ul style="list-style-type: none"> 1. Mess line 2. Assembly area 3. Eating C. Use of mar-mite cans | |

SUBJECT : Field Ranges and Field Cooking

TITLE OF PERIOD : Field Sanitation and Kitchen Set-Up in the Field

TEXT REFERENCES : Par 29-43, FM 21-10; Par 70-107, FM 8-40; TD 39, ASFTC TR #6 Annex 1

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

4 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|-------------------------------------------------|---------------------------------|
|-----------------------------|-------------------------------------------------|---------------------------------|

- | | | |
|----|----------------------------------------|--|
| 5 | I. Introduction | |
| | A. Importance of field mess | |
| | 1. Morale | |
| | 2. Disease (Types, Consequences) | |
| | 3. Men must be healthy to fight | |
| 30 | II. Location of Kitchen | |
| | A. Camouflage | |
| | 1. Utensils must not reflect sunlight | |
| | 2. Take advantage of all cover | |
| | B. Drainage | |
| | 1. High ground | |
| | 2. Ditched in | |
| | C. Installations | |
| | 1. Stoves, gasoline | |
| | 2. Tables | |
| | 3. Utensils | |
| | 4. Area | |
| | 5. Water | |
| | 6. Soakage | |
| | 7. Grease traps | |
| | 8. Incinerator | |
| | D. Insect Control | |
| | 1. Flies and Fly traps | |
| | 2. Insects | |
| | 3. Rodents | |
| 15 | III. Personal Cleanliness | |
| | A. Hand washing facilities | |
| | 1. Latrine | |
| | 2. Kitchen | |
| | 3. 3 cans - soapy, clear, cresol rinse | |
| | B. Clean Fatigues | |

SUBJECT : Field Ranges and Field Cooking

TITLE OF PERIOD : Cooking on Troop Movements

TEXT REFERENCES : TM 10-405 Par 76-82

INSTRUCTIONAL AIDS : Classroom Instructor

PERSONNEL : Standard Classroom Equipment; FS 10-100; FS 10-96;

EQUIPMENT : TF 10-1215; TF 10-1237; FS Projector; 16mm Projector; Screen; Model Kitchen Car; Baloptican Slides;

TRANSPORTATION : Army K Car.

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

5 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | Introduction I. Necessity for proper feeding of men while in movement: A. To preserve morale B. Insure that they arrive at destination in good physical condition | |
| 10 | II. Types of movements where cooking is SOP A. Rail 1. Baggage car a. #1 & #2 Range b. #37 Range c. Army Range #5 2. Army K Car a. Army Range #5 b. Built in permanent equipment B. Motor Convoys 1. Cooking while in motion 2. Transporting food from kitchen in Mar-Mite containers. | |
| 15 | III. Rail Equipment A. Discuss its set-up, uses and method of operating with: 1. #1 and #2 Ranges 2. M1937 Range 3. Army Range #5 4. Army K Car B. Discuss auxiliary equipment that is used with ranges listed in A: 1. Water Cans 2. Fuel 3. Storage facilities 4. Pans and utensils 5. Gasoline cans | |
| 8 | IV. Motor Convoys A. Discuss set-up of kitchen truck 1. Fixing gasoline field range 2. Putting up temporary shelving or tables 3. Methods of cooking in transit 4. Feeding from rear of truck | |
| 10 | V. The Ration A. The ration is drawn in kind in a fixed menu established by QM at place of debarkation: 1. Allowance 75¢ per man per day 2. This includes paper plates, cups and forks, etc. | |

TIME
SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

3. Out of 75¢ - 6¢ per man per day drawn by train commander for purchase of ice
4. One emergency ration per man drawn on Field Ration "B"
5. If emergency ration is not used it must be turned in at destination
6. 25¢ per meal from officers and train crew must be collected and turned in
7. All utensils and equipment must be checked in at destination and returned to point of origin

50

VI. Show film strips 10-100, 10-98 and 10-96 and Training Films 10-1215, 10-1216

4

VII. Summarize

SUBJECT : Hospital Diets

TITLE OF PERIOD : General, Therapeutic and Special Diets

TEXT REFERENCES : Chapter 1-3, TM 8-500

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor; 2 NCO assistants

EQUIPMENT : 6 Hospital trays with prepared diets; Standard Classroom Equipment

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

1 PERIOD 3 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration and Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------|
| | PART I | |
| 5 | I. Introduction | |
| | A. Purpose | |
| | 1. Proper feeding of sick and injured patients is primary purpose of preparation of the various types of diets. | |
| | 2. Dietary treatment of many diseases constitutes important part of therapy. | |
| 12 | II. Continual care and inspection | |
| | A. Control should remain in hands of ward officer | |
| | 1. His responsibility to order diet by type and as explicitly as possible | |
| | a. High caloric diet - State number of calories desired. | |
| | b. High carbohydrate - low fat diet - total calories 2000 to 2500 | |
| | B. Purpose - supply definite information to dietician and diet cook - reduce chance for errors. | |
| | C. Care and preparation should be the responsibility of dietician and cooks | |
| | 1. Care in correctness of diet | |
| | 2. In proper preparation of food | |
| | 3. Its palatability | |
| | 4. Its appearance | |
| | D. Control | |
| | 1. The ward officer should assume the responsibility of inspecting diets served to his patients. | |
| 7 | III. Normal Diets | |
| | A. Composition | |
| | 1. Average soldier in Army - caloric content 3500 to 4000 | |
| | 2. Caloric requirement varies with type of work or activity of body | |
| | 3. Based on body poundage the following is general: | |
| | TYPE OF WORK | CAL. PER LB. OF BODY WEIGHT |
| | Basal..... | 10 |
| | Bed rest..... | 12 |
| | Light work..... | 15 |
| | Moderate work..... | 18 |
| | Hard work..... | 22 |
| 7 | IV. Food element in normal diet | |
| | A. Carbohydrates, proteins, and fats furnish about 50% of the calories of the diet | |
| | 1. Carbohydrates furnish about 50% of the diet | |
| | 2. Proteins furnish about 15% | |
| | 3. Fats furnish the rest | |

2. Adequate to sustain normal nutritional requirements.
3. Prepared so that patients will be satisfied with the diet.
4. So prepared that forced feedings may be employed if needed.

D. Changes from the regular diet to special diet will undoubtedly cause great change in appearance of the tray even though caloric intake is the same or approximately the same.

E. These changes of the regular diet may be done by supplementing the regular diet with certain food - or by limiting portions served - in most instances the menu must be changed to merit not only the desired caloric intake, but usually the consistency of the food must be altered. Sometimes it is necessary to substitute entirely for items on regular diet.

5

VII. Classification of diets

- A. Liquid
- B. Soft
- C. Light
- D. Regular
- E. Special or Therapeutic

1. All these are constructed on the basis of the regular diet, liquid, soft, light and special diets are prepared in and obtained from the general diet kitchens - Regular diets only should be prepared in the main kitchen. BE SURE THERE ARE PLENTY OF VITAMINS IN A SPECIAL DIET.

8

VIII. Liquid Diet

A. Liquid diets are composed of fluids that are either liquid when taken into the mouth or become so before reaching the stomach.

1. These foods afford little residue or indigestible materials.
2. Must be easily digestible, free from irritating condiments and mechanical irritants.
3. Fed in small portions, 60-400 CC
4. Fed usually every 2 hours at least 6 to 8 feedings daily.
5. Liquid diets can be made to run as high as 2000 calories.

B. Liquid diets are constituted from:

1. Broths
2. Malted Milk
3. Gelatins
4. Ice creams and Ices
5. Custards and Junkets

C. In addition to serving a standard liquid diet at regular times, it should be supplemented with a minimum of three additional feedings as follows:

1. 10 AM - - 3 PM - - 8 PM

a. Such supplemental feedings usually consist of milk, eggnog, chocolate milk malted milk or grape juice

D. Tube Feeding - A concentrated liquid diet so that patient is fed as infrequently as possible

1. Tube diet formulae:

- a. Milk.....1000 grams
- b. Egg Yolk.....4 "
- c. Evaporated Milk..120 "
- d. Karo Syrup.....200 "
- e. Yeast...2 cakes dissolved in 200cc hot

water - Mix and cook in double boiler, cool, strain & add tomato juice.....120 grams

- f. Cod Liver Oil....200 grams

9

IX. Soft Diets

A. Used in cases when it is desirable to eliminate or reduce mechanical irritation as much as possible. Patients tire

easily on this diet. Don't keep them on it longer than is absolutely necessary.

B. The soft diet must be:

Soft, readily digestible and irritating indigestible residue small. Mostly used for convalescent cases, some intestinal disorders and certain stages of post operative cases.

C. Soft diets are used as a bridge between liquid and regular, liquid and light, and liquid and special diet.

D. Soft diets are constituted from the liquid diet plus:

| | |
|------------------|--------------------------|
| Cooked cereal | Puree of carrots |
| Toast | " " asparagus |
| Cream Toast | " " lima beans |
| Soft cooked eggs | " " string beans |
| Puree of spinach | " " summer squash |
| Puree of Peas | " " baked white potatoes |

X. Light Diet

A. A stepping stone between soft and full or regular diet

B. It is composed of easily digested foods and is low in indigestible residue.

C. Caloric intake is adequate and the supply of carbohydrates, protein and fat is liberal.

D. It is obtained from all liquid and soft diets plus:

| | |
|-----------|------------|
| Rice | Clams |
| Macaroni | Bacon |
| Spaghetti | Chicken |
| Noodles | Turkey |
| Meats | Lamb chops |
| Fish | Roast lamb |
| Oysters | etc. |

XI. Regular Diet (general or full)

A. General

The diet is very liberal, provides about 2500 calories per patient. The food is readily digestible.

B. Regular

Considered heavier, provides 3000 to 3500 calories

1. Remember that it is the regular diet that forms a basis for all other diets.

PART II

I. Ulcer

A. Practically all ulcer diets employ milk and cream in the beginning and progress by stages to soft cooked eggs, cereal, gruel, custards and vegetable purees.

II. Bland Diets

A. Used in gastro intestinal (digestive system) conditions, and in recovery from many diseases. Fruits and vegetables are to be well cooked and only those used that contain a small amount of indigestible residue. Must not contain fried, greasy, spiced or seasoned foods, nor must it contain stimulants as a beverage.

III. Retention

A. Usually prepared by nurse; use care in amounts served. Must be of consistency so as to be aspirated if necessary.

B. Milk and cream likely to form large curds must be diluted with other materials such as malted milk, chocolate or egg white.

C. Feedings limited to 200 cc and repeated every 2 hours

IV. Anti-Constipation

A. Diet for the 1st, 2nd, and 3rd months includes cooked fruits, cooked vegetables, coarse bread and coarse cereals.

Raw fruits and raw vegetables added gradually after 2nd month.

V. High Caloric

A. Energy content increased 30 to 100% by larger portions or concentrated foods added such as cheese, butter, candy, jams, honey, etc. Number of meals eaten daily can be increased.

TIME

SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

- 3 VI. Low Caloric
A. Is a caloric diet. Is dangerous without close supervision. Loss of weight not more than 3 lbs. a week.
- 3 VII. High Vitamin
A. Is composed of foods known to be rich in vitamins known to be of value in maintaining health. Vitamins A,B,C, D,E and G are known to be required.
- 3 VIII. Low Fat Diet
A. Such diets may be used in the treatment of diseases of the liver and gall bladder. Avoid all fried and salty foods, butter, cream, mayonnaise and concentrated fats. All food contains some salt, but "salt free" means that salt must not be added.
- 3 IX. Pellagra Preventive
A. Patient lacks vitamin B-Complex. The proteins, fats and carbohydrates should be that of a healthy person and be constructed of foods rich in vitamin "B" such as Beef, Chicken, Liver, Pork, Rabbit, Salmon, Collards, Kale, Peas, Tomato juice, Turnip greens.
- 3 X. Ketogenic
A. Useful in epilepsy, produced by incomplete combustion of ingested fats. Increase fats gradually and decrease carbohydrates.
B. Use freely, butter, oils, fats, cream. Avoid sugars, starches.
- 3 XI. High Calcium
Used in treatment of Rickets and Malnutrition. Vitamin "D" Diet combined with foods containing high calcium content.
- 3 XII. Cardiovascular - Renal
A. Very important if ordered that diet be salt free and stimulants avoided. Butter must be salt free.
- 2 XIII. Low Purin
A. Purins found chiefly in meat and fish and are to be avoided. Useful in treatment of gout.
- 3 XIV. Pernicious Anemia
A. Diet should not be given up regardless of well being of patient.
B. Total caloric intake equal to maintenance diet.
C. Protein increased 50%
D. Fats reduced 50%
200 grams of calf or beef liver daily
300 grams of fresh fruit and vegetables
D. Calf or beef liver should be sliced and broiled.
Chicken liver steamed. Don't soak liver before cooking and don't overcook. When cooked remove veins & chop in small pieces.
- 5 Tuberculosis
A. Diet is important in treatment when limited to lungs, may interfere with consumption of food. Diet given in small feedings frequently when disease is acute. After acute symptoms have ceased, appetite increases. Patients sometime feel that stuffing with food and lots of cream hastens cure - not correct, this causes gastro intestinal upset.
1. Limited to lungs
2. Involvement of gastro intestinal tract
3. Laryngeal involvement
Special diets advised for all forms of tuberculosis.
- 4 XVI. Preoperative Diet
A. Patient should have fluid in tissues and well nourished, but no food in stomach when he comes to operating table.
B. Postoperative Diet
1. Most cases require a special diet
- 3 XVII. Dental Diet
A. General
1. Liquid 2. Soft 3. Special
B. Extractions and fractures require diet for approximately 10 days.
- 3 XVIII. Questions

TITLE OF PERIOD : Kitchen Set-Up in the Field

TEXT REFERENCES : TR #6 (Revised) Chap 5 & 7 FM 8-40; Sec V & VI; Chap. 4, Sec II Chap 5 & 7 FM 21-10; Par 76-81, 82 TM 10-405, TR #6 Annex 1 & 2 ASFTC; TM 5-267, Supp 1-5;
INSTRUCTIONAL AIDS : Notes from Camouflage Course; Your Army Field Range
PERSONNEL : M1937 JQMD
EQUIPMENT : Classroom Instructor
TRANSPORTATION : Standard classroom equipment - Camouflage Board;
REQUIREMENTS : M1937 & M1944 Field Range; Inspection sheets to each
TRAINEE'S EQUIPMENT: Student
None
LESSON PLAN : Notebook and Pencil

1 PERIOD 3 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| | PART I | |
| 5 | I. Introduction A. Purpose of class is to prepare mess personnel for the operation of kitchens in field for 17 day field exercise. B. Common errors made by units on previous bivouacs will be discussed. | |
| 14 | II. Camouflage A. Camouflage will be covered in the beginning to impress class with its importance in all operations. Frequent reference will be made to camouflage throughout class period. B. Kitchen fly will be placed under natural cover or camouflaged by using natural foliage or nets. Caution: when garnished nets are used - the net should be at least 2 feet above the object being hidden. Garnishing material should cover 80% of center area of net and taper to 20% at edges. C. Avoid dark, unbroken openings such as ends of fly and storage trailer. D. Carefully conceal bright metal objects from sunlight. E. All installations connected with kitchen will be camouflaged. F. Stress camouflage discipline - using covered routes, etc. | |
| 3 | III. Location A. High well-drained ground should be selected when tactical situation permits. B. All installations will be properly ditched for drainage. | |
| 10 | IV. Field Ranges A. Set level B. Give proper support for range doors. C. Do not place fire units on ground. D. Clean fire units after each meal. E. Proper disposal of used filter disc (M1937) F. Clean fire units away from kitchen on dunnage G. Cabinets should be cleaned after each meal. H. Do not abuse wood burning grates I. Store gasoline in hole 10 yards from kitchen | |
| 15 | V. Food preparation A. Stress the importance in field due to morale factor and rigorous training. B. Follow menu except for lack of equipment and tactical situation. C. Stress cooking time. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | <p>VI. Fly Control</p> <ol style="list-style-type: none"> Use fly traps, fly tapes, sprays Bait traps with fermented bait only. <u>Give formula for making this bait.</u> Ground in kitchen lightly sprayed with oil after each meal. Rigid police around kitchen |
| 10 | <p>VII. Mess Personnel</p> <ol style="list-style-type: none"> Will shave daily, hair kept short, nails short and clean. Use cresol rinse frequently. (Give instruction for preparation). Wear <u>clean fatigues</u> at all times Wear helmet or liner. |
| 15 | <p>VIII. Storage</p> <ol style="list-style-type: none"> Non-perishable <ol style="list-style-type: none"> Store in tent or trailer Keep food 4 inches off ground if tent is used. Keep supply tent closed Do not store personal equipment in tent or trailer. Tent or trailer 15 yards from kitchen. Perishable <ol style="list-style-type: none"> Store <u>all</u> perishables in ice box Ice box will be collapsible, <u>double-walled</u>, sunk in ground except for top 4 inches. Soakage pit will be dug under ice box. Perforate bottom of box for drainage, place ice near top of box - do not allow water to drip in food. Cover all food not in original container. |
| 15 | <p>IX. Feeding</p> <ol style="list-style-type: none"> Form lines under cover if available Stress dispersion throughout feeding Keep men separated into groups of squad size, 30 yards between squads while mess line is forming. Keep mess gear from reflecting light. Place serving pots under cover, 15 yards apart. Use string or wire to indicate mess line Do not allow men to congregate at any time in mess line. Have men 15 yards apart in mess line. Close supervision necessary to insure proper tactical feeding. All men must eat undercover. Indicate area for men to eat. Mar-mite cans that are issued for serving food will be used for that purpose only. Food will be placed in inserts and served from those containers. Food will be placed in inserts and served from those containers. Lids will be kept on cans to insure hot food over a long period of time. |
| 10 | <p>X. General</p> <ol style="list-style-type: none"> List garrison equipment that may be taken to field Tables must be constructed for proper cleaning Keep all records in field that are kept in garrison. At least one inspection will be made in field. |
| 3 | <p>XI. Questions</p> <ol style="list-style-type: none"> If the class fails to ask questions the instructor will quiz the class on the most important points to be observed. |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | PART II |
| 5 | I. M1937 and M1944 Field Ranges <ul style="list-style-type: none"> A. Use of gasoline fire unit and range B. Emergency use as wood burning range |
| 25 | II. Presentation <ul style="list-style-type: none"> A. Description of M1937 Field Range <ul style="list-style-type: none"> 1. Accessories 2. Positions of fire unit for different cooking 3. Temperatures 4. Operation fire unit 5. Cleaning of range and fire unit 6. Troubles and their treatment |
| 10 | III. Conclusion <ul style="list-style-type: none"> A. Regulations covering use of ranges <ul style="list-style-type: none"> 1. Making ranges secure 2. Amount and care of gasoline 3. Refueling 4. Heating of water 5. Fire control |
| 5 | IV. Questions |

SUBJECT : Preparation for bivouac

TITLE OF PERIOD : Cooking on Motor Convoy

TEXT REFERENCES : Training Service Journal - 12 June 1944 - Par 78
TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Baloptican, Screen & Slides; Standard Classroom equipment FS 10-100

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

4 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTE | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 5 | I. Introduction A. To acquaint mess personnel with the use of Kitchen Truck, the equipment, utensils and arrangement thereof. | |
| 10 | II. Truck and Equipment A. 2½ ton truck - 6x6 B. 3 Field Ranges complete - M1937, M1942 or M1944 C. Ice Box (improvised) D. Removable utensils rack (improvised) E. Step ladder (improvised) F. Miscellaneous equipment | |
| 15 | III. Arrangement A. Raise Bow and Tarpaulin B. Field Ranges across the truck just in back of the cab. C. Improvised utensil rack on side D. Improvised ice box that can be used as working table. E. Improvised utility shelf for supplies at side F. Arranged to save floor space | |
| 15 | IV. Safety precautions while in transit A. Care must be taken in refueling the Fire Unit (only while truck is at standstill. B. Extra fuel C. Safety in operation D. Seats may be converted into "outside" shelves E. The use of a serving table under extended canvas F. Camouflage and cover during serving of meal G. The use of trailer H. Blackout cooking | |
| 5 | V. Summary A. Emphasize all safety precautions B. Correct arrangement for utilization of maximum floor space. C. Precautions to be taken during blackout cooking. | |

SUBJECT : Preparation for Bivouac

TITLE OF PERIOD : Use and Care of the Coleman Lantern

TEXT REFERENCES : QM 7 - Misc. 1, Lantern, Gasoline, Leaded Fuel,
"Directions for operating No. 3927 Two-Mantle Instant
INSTRUCTIONAL AIDS : Lighting Lantern", Tng Serv Journal, 3 Mar 1944, "Let
PERSONNEL : There be Light",
EQUIPMENT : Classroom Instructor
Standard Classroom Equipment, Breakdown Display
TRANSPORTATION : Board; 3 Gasoline Lanterns
REQUIREMENTS : None
TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

2 PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Demonstration |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| | | Lecture Application |
| 5 | I. Introduction A. Use of Lantern in the field 1. Field Kitchen 2. Supply Tents 3. Field Installations | |
| 8 | II. Explanation of Nomenclature A. Use breakdown board to show 1. Names of parts 2. Care used in handling of parts | |
| 12 | III. Cleaning of Lantern A. Remove all parts B. Thoroughly clean all parts (Step by step, dismantle and clean, explaining each step) | |
| 7 | IV. Lighting of Lantern A. Refueling B. Pumping C. Lighting | |
| 10 | V. Each student completes the motions of: A. Refueling B. Pumping C. Cleaning of Generator D. Lighting E. Extinguishing | |
| 5 | VI. Improvising a Mantle A. Materials needed: 1. Wide mesh gauze (medicine chest) 2. Broom handle 3. Needle and twine 4. Epsom Salts B. Patience and practice is required 1. Furnishes only half as much light 2. Do not jar 3. Do not set it on the ground | |
| 3 | VII. Questions | |

SUBJECT : Preparation for Bivouac

TITLE OF PERIOD : Individual Cooking Expedients

TEXT REFERENCES : Par 36 - 37 FM 7-30, 1942

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor and Assistant

EQUIPMENT : Wood, Gasoline, Entrenching Tool, Raw Food, Mess Kit, Improvised Utensils

TRANSPORTATION :

REQUIREMENTS : None

TRAINEE'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

3 PERIOD 1 HOURS (Duration) PLACE: Classroom & Demonstration Area

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 3 | I. Introduction A. Explanation of Individual Cooking 1. Necessity 2. Frequency | |
| 7 | II. Types of Fires A. Wood 1. Construction of Fire Pits a. Group cooking trench b. Individual pit - mess kit c. Precautions B. Gasoline 1. Burning gasoline in open cans a. Allowance for drafts 2. Precautions a. Explosive hazards 3. Advantage a. No smoke b. Faster cooking c. Easy to control | |
| 15 | III. Cooking of Food A. Cut in small pieces 1. Speeds cooking time B. Save peelings for food value contained C. Methods employed: 1. Boiling 2. Frying | |
| 22 | PROCEDURE FOR DEMONSTRATION: A. Preparation of fire pits and set-up of Gasoline units 1. Construct the following: a. Group trench b. Barbecue trench c. Gasoline unit set-up 2. Build and light fire in each B. Preparation of the food: 1. Use food rationed to troops for that day a. Wash and dice potatoes & other root vegetables b. Put on to boil 2. While the above is cooking, prepare the following: a. Fry bacon and eggs over the gasoline fire b. Put meat & vegetables & simmer about 5-10 minutes | |

TIME

SCHEDULE

MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

4. What to do when no utensils are available:
 - a. Use of flat stone for frying, etc.
 - b. Barbecue pits

C. Extinguish the fires

1. Fill fire pits and cover with leaves, etc.
 - a. Avoid detection
 - b. Won't disclose number of troops
2. Smother gasoline flame

3

IV. Questions

INSTRUCTOR'S NOTES

ARMY SERVICE FORCES
Eighth Service Command
Army Service Forces Training Center
Course for Cooks
Camp Barkeley, Texas

Course in Mess Management

Authorization for establishment of the Mess Officer's Course is contained in the 1st Ind to a letter by the Commanding General, Army Service Forces Training Center, Camp Barkeley, Texas, to the Surgeon General, dated 5 June 1942, that certain graduates of the Medical Administrative Corps Officer Candidate School be given further special training as Motor Officers and Mess Officers; this letter, subject, "Courses in Mess Management and Motor Transport for MAC Officers", SPNCT 353-1, (Camp Barkeley), (War Department, SOS, SPNCT, 10 June 1943).

Arrangement of hours and subjects should remain essentially as indicated; however, this does not preclude changes, if such changes will become expedient or be of a definite value in the improvement of the training. Initiative and ingenuity of instructors may lead to desirable changes.. This guide should be considered flexible enough to incorporate such approved suggestions.

DETAILED PROGRAM

| Subjects | References | Total | | | | |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----|----|----|----|
| | | Hours: | 1 | 2 | 3 | 4 |
| O(1) Kitchen Management & Administration | Par. 9 Sec. II; per.14 & 17 Sec. V; per.72-78 Sec. VI & VII TM 10-405 Par. 18 Sec.III; Sec.IV Par. 3, 15,56 sec.VIII TM 10-205; AR 40-205; AR 30-2210 | 17 | 12 | 5 | | |
| O(2) Nutrition | Par. 9 sec.II; Sec.II par. 47-50 sec.VIII TM 10-405; sec.VII TM 10- 205 | 6 | 4 | 2 | | |
| O(3) Meat and Meat Products | Par. 16-18,26,30-34,51, 56-58 TM 10-405; TM 10- 407; TM 10-408 | 8 | | 6 | | 2 |
| O(4) Principles & Practices of Cooking | Par. 5,9,38-54,61,65, sec. I TM 10-405; TB 10: 405 CI; par. 25 sec. V TM 10-205 | 9 | 2 | 2 | 4 | 1 |
| O(5) Dehydrated Foods | TM 10-406 | 9 | | 2 | 3 | 4 |
| O(6) Bread & Pastry Baking | Par. 64 TM 10-405 | 8 | | 2 | 4 | 2 |
| O(7) Field Equipment and Cooking | Par. 76-82 TM 10-405 | 14 | 6 | 4 | 4 | |
| O(8) Utilization of Manpower | | 1 | | | | 1 |
| O(9) Hospital Subsistence | AR 40-590; AR 210-50; TM 14-708C1 | 11 | | | 5 | 6 |
| O(10) Inspection Tour | | 2 | | | 2 | |
| O(11) Examinations | | 7 | | 1 | 2 | 4 |
| O(12) Graduation | | 4 | | | | 4 |
| Total Theoretical Hours | | 96 | 24 | 24 | 24 | 24 |
| Practical Work | TM 10-405; TM 10-205 | 96 | 24 | 24 | 24 | 24 |
| Total Hours | | 192 | 48 | 48 | 48 | 48 |

| WK : PER : HRS : | | | : TOTAL LESSON. HOURS PLAN PAGE NO. | |
|------------------------------------------|----|---|-------------------------------------------------------------------------------------------------------|------|
| I. KITCHEN MANAGEMENT AND ADMINISTRATION | | | 17 | |
| 1 | 1 | 2 | Introduction to Course and Orientation Lecture | 0-09 |
| 1 | 2 | 1 | Duties & Discipline of Mess Personnel | 0-10 |
| 1 | 3 | 1 | Mess Inspections | 0-12 |
| 1 | 4 | 2 | The Army Rations; Kinds, Uses, Components | 0-14 |
| 1 | 5 | 2 | Procurement of Rations | 0-16 |
| 1 | 6 | 1 | Storage and Inspection of Food | 0-17 |
| 1 | 7 | 2 | Proper Accounting for Food | 0-19 |
| 1 | 8 | 1 | Conservation of Food | 0-20 |
| 2 | 9 | 1 | Personal Hygiene and Sanitation | 0-21 |
| 2 | 10 | 1 | Cooking Plans - Kitchen Operation | 0-22 |
| 2 | 11 | 1 | W.D. QMC Form 469 | 0-23 |
| 2 | 12 | 2 | Applicatory Problem on WD Cir 158 | 0-24 |
| II. NUTRITION | | | 6 | |
| 1 | 1 | 1 | Elements of Nutrition | 0-26 |
| 1 | 2 | 1 | Vitamin Content of Food | 0-27 |
| 1 | 3 | 2 | Menu Study | 0-29 |
| 2 | 4 | 2 | Physiology of Digestion | 0-30 |
| III. MEAT AND MEAT PRODUCTS | | | | |
| 2 | 1 | 1 | Use & Care of Meat Cutting Tools | 0-39 |
| 2 | 2 | 1 | Cutting Lamb, Pork, Veal | 0-38 |
| 2 | 3 | 2 | Cutting Carcass Beef | 0-36 |
| 2 | 4 | 2 | Army Boneless Beef, Poultry, Meat Cutting Meat Specialties | 0-34 |
| 4 | 5 | 2 | Meat Carving; Serving; Smoked, Cured and Prepared Meats; Fish & Shell Fish; Proper Use of Meats | 0-32 |
| IV. PRINCIPLES AND PRACTICES OF COOKING | | | 9 | |
| 1 | 1 | 2 | Methods of Cooking | 0-40 |
| 2 | 2 | 2 | Fruits, Salads, Vegetables (Frozen) | 0-41 |
| 3 | 3 | 2 | Beverages, Sandwiches, Misc. Foods & Soups | 0-43 |
| 3 | 4 | 2 | Condiments, Desserts, Flavoring Extracts | 0-45 |
| 4 | 5 | 1 | Breakfast Foods | 0-47 |
| V. DEHYDRATED FOODS | | | 9 | |
| 2 | 1 | 2 | Dehydrated Eggs, Milk, Meats | 0-52 |
| 3 | 2 | 3 | Dehydrated Fruits and Vegetables | 0-50 |
| 4 | 3 | 4 | Complete Meal of Dehydrated Foods | 0-48 |
| VI. BREAD AND PASTRY BAKING | | | 8 | |
| 2 | 1 | 2 | Baking Ingredients, Temperatures, Formulae | 0-54 |
| 3 | 2 | 2 | Fruit and Soft Pies | 0-56 |
| 3 | 3 | 2 | Doughnuts, Cakes, Cookies & Icings | 0-58 |
| 4 | 4 | 2 | Tour of Post Bakery | 0-60 |

| WK : | PER : | HR : | | TOTAL | LESSON |
|------|-------|------|--|-------|----------|
| | | | | HOURS | PLAN |
| | | | | | PAGE NO. |

VII. FIELD EQUIPMENT AND COOKING 14

| | | | | |
|---|---|---|----------------------------------------------------------|------|
| 1 | 1 | 2 | Army Ranges 1, 2, 5; Fireless Cookers, Gasoline Lanterns | 0-61 |
| 1 | 2 | 2 | Kitchen Set-up in the Field | 0-62 |
| 1 | 3 | 2 | The Parts, Operation and Care of M1937 Field Range | 0-63 |
| 2 | 4 | 2 | M1937 Field Range - Application | 0-64 |
| 2 | 5 | 1 | Chemical Agents and Their Effect on Food and Water | 0-66 |
| 2 | 6 | 1 | Decontamination of Food and Water | 0-68 |
| 3 | 7 | 2 | Feeding on Troop Movements | 0-70 |
| 3 | 8 | 2 | Camouflage | 0-72 |

VIII. UTILIZATION OF MAN POWER 1

| | | | | |
|---|---|---|--------------------------|------|
| 4 | 1 | 1 | Utilization of Man Power | 0-74 |
|---|---|---|--------------------------|------|

IX. HOSPITAL SUBSISTENCE 11

| | | | | |
|---|---|---|----------------------------------------------|------|
| 3 | 1 | 2 | Hospital Fund and Operation of Hospital Mess | 0-77 |
| 3 | 2 | 1 | Hospital Staff Conference | 0-79 |
| 3 | 2 | 2 | Tour of Regional Hospital Messes | 0-80 |
| 4 | 4 | 2 | Hospital Subsistence Accounts - #1 | 0-82 |
| 4 | 5 | 2 | General, Therapeutic and Special Diets | 0-85 |
| 4 | 6 | 2 | Hospital Subsistence Accounts - #2 | 0-92 |

X. INSPECTION TOURS 2

| | | | | |
|---|---|---|-----------------|------|
| 3 | 1 | 2 | Inspection Tour | 0-95 |
|---|---|---|-----------------|------|

XI. EXAMINATIONS 7

| | | | | |
|---|---|---|------------------------|------|
| 2 | 1 | 1 | Periodical Examination | 0-96 |
| 3 | 2 | 1 | Periodical Examination | 0-97 |
| 3 | 3 | 1 | Periodical Examination | 0-98 |
| 4 | 4 | 4 | Final Examination | 0-99 |

XII. GRADUATION 4

| | | | | |
|---|---|---|------------|-------|
| 4 | 1 | 4 | Graduation | 0-100 |
|---|---|---|------------|-------|

ARMY SERVICE FORCES
Eighth Service Command
Army Service Forces Training Center
Course for Cooks
Camp Barkeley, Texas

MASTER SCHEDULE—OFFICERS

| DAY | LESSON TITLE | HOURS |
|--------------------|------------------------------------------------------------------------------------------------|-------|
| <u>First Week</u> | | |
| Monday | : Introduction to Course | 2 |
| | : Duties and Discipline of Mess Personnel | 1 |
| | : Elements of Nutrition | 1 |
| Tuesday | : Mess Inspection | 1 |
| | : The Army Ration: Kind, Uses and Components | 2 |
| | : Vitamin Content of Food | 1 |
| Wednesday | : Methods of Cooking | 2 |
| | : Army Field Ranges, 1, 2, & 5, Fireless Cookers, Gasoline Lanterns | 2 |
| Thursday | : Menu Study | 2 |
| | : Procurement of Rations | 2 |
| Friday | : Kitchen Set-up in the Field | 2 |
| | : The Parts, Operation & Care of M1937 Field Range | 2 |
| Saturday | : Storage and Inspection of Food | 1 |
| | : Proper Accounting for Food | 2 |
| | : Conservation of Food | 1 |
| <u>Second Week</u> | | |
| Monday | : Examination | 1 |
| | : Personal Hygiene and Sanitation | 1 |
| | : Cooking Plans and Kitchen Operation | 1 |
| | : QMC Form 469 | 1 |
| Tuesday | : Fruits, Salads & Vegetables (Frozen) | 2 |
| | : Applicatory problem on WD Circular | 2 |
| Wednesday | : M1937 Field Range Application | 2 |
| | : Physiology of Digestion—Lecture and Training Film "Alimentary Canal", "Digestion of Food" | 2 |
| Thursday | : Use and care of Meat Cutting Tools | 1 |
| | : Cutting Lamb, Pork, Veal | 1 |
| | : Baking: Ingredients, Temperatures, Formulae; Rolls and Biscuits | 2 |
| Friday | : Chemical Agents; Their Effect on Food & Water | 1 |
| | : Decontamination of Food and Water | 1 |
| | : Cutting Carcass Beef | 2 |
| Saturday | : Army Boneless Beef, Poultry, Meat Cookery, Meat Specialties | 2 |
| | : Dehydrated Eggs, Milk and Meat | 2 |
| <u>Third Week</u> | | |
| Monday | : Feeding on Troop Movements | 2 |
| | : Inspection Tour | 2 |
| Tuesday | : Beverages; Sandwich making, Miscellaneous Foods and Soups | 2 |
| | : Fruit and Soft Pie | 2 |
| Wednesday | : Dehydrated Fruit and Vegetables | 3 |
| | : Examination | 1 |
| Thursday | : Condiments, Desserts, Flavoring Extracts | 2 |
| | : The Hospital Fund & Operation of Hospital Mess | 2 |
| Friday | : Camouflage | 2 |
| | : Doughnuts, Cakes, Cookies and Icings | 2 |
| Saturday | : Examination | 1 |
| | : Hospital Staff Conference | 1 |
| | : Tour of Regional Hospital Messes | 2 |

| DAY | LESSON TITLE | HOURS |
|--------------------|--------------------------------------------------------------------------------------------------|-------|
| <u>Fourth Week</u> | | |
| Monday | : Dehydrated Food; Complete Meal | 4 |
| Tuesday | : Utilization of Manpower | 1 |
| | : Meat Carving & Serving; Smoked, Cured, & prepared Meats; Fish & Shellfish; Proper use of Meats | 2 |
| | : Breakfast Foods | 1 |
| Wednesday | : Hospital Subsistence Accounts #1 | 2 |
| | : General, Therapeutic and Special Diets | 2 |
| Thursday | : Hospital Subsistence Accounts #2 | 2 |
| | : Tour of Post Bakery | 2 |
| Friday | : Final Examination | 4 |
| Saturday | : Graduation | 4 |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Introduction to Course and Orientation Lecture

TEXT REFERENCES : Mess Officer's Course

INSTRUCTION AIDS : Commandant of School, Training Officer, Senior
 Personnel : Instructor, Class Instructor and 2 Assistants
 Equipment : None

Transportation)
 Requirements) : None

STUDENT'S EQUIPMENT : Notebook & Pencil

LESSON PLAN

..1...PERIOD..2..HOURS (Duration) PLACE: Classroom

| Time Schedule Minutes | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Conference |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 10 | I. Check Classification Roster. (classroom instructor) Call the roll from this roster to see that all men assigned to course are present. Find out if possible where absentees are. | |
| 30 | II. Sign Student Declarations. (classroom instructor and assistants) Each student must fill out the Student Declaration completely and accurately. (Use the group performance method for completion of this form. | |
| 10 | III. Issue Books and Mimeos. (Classroom instructor and assistants) Books and mimeos should be ready for issue to students before the class assembles. By assembling one of each of the various books and mimeos and having them ready for issue to the students time will be saved and confusion should be eliminated. Make sure that all equipmnet issued to students is signed for by the students. | |
| 20 | IV. Welcome to students and explanation of duties and requirements as students. A. The Commandant welcomes the students to school and explains briefly their purpose in being there. B. The Training Officer will explain the rules of the school and the requirements of the students, covering carefully the following items: 1. Uniform 2. Cleanliness 3. Military courtesy & discipline 4. Hours of study 5. Application to duty and amount of necessary study 6. Care of school equipment and manuals 7. School disciplinary action 8. Methods of grading | |
| 30 | V. Assignments to Shifts and Kitchens (classroom instructor) The "shift" method of operation should be explained to the students. Every effort must be made to be positive that all students understand when, where and how he is to receive his instruction; classroom, practical and basic. Also, all questions the student may have concerning the specialist course should be satisfactorily answered at this time. | |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Duties and Discipline of Mess Personnel

TEXT REFERENCES : Par. 18, Sec. III TM10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment
Baloptican, screen, FS10-97, FS10-99

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook & pencil

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture & Film Strip |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| 5 | I Introduction; A. Army travels on its stomach B. Food is ammunition C. Big factor in boosting morale D. Physical fitness begins in the mess | |
| 5 | II Mess Personnel; A. Commanding officer is responsible for the mess B. Mess Officer is picked by the C. O. C. Mess Sergeant D. First Cook E. Second Cook F. Baker G. Kitchen police | |
| 35 | III Qualifications and Duties A. Mess officer 1. Must be interested and familiar in all phases of the mess 2. Not to be regarded as a minor function B. Mess sergeant 1 Key man in organization 2 Should be graduate of School for Bakers & Cooks 3 Thorough knowledge of cooking, baking, inspection and storage 4 Possesses Leadership C. First Cook 1 Conscientious and reliable 2 Ability to prepare any food called for 3 Responsible for actual preparation of rations 4 Direct the work of those under him D. Second Cook 1 Must have working knowledge of cookery 2 To be able to follow instructions of those appointed over him 3 Initiative and willingness to cooperate for the harmony and efficiency of the mess E. Baker 1 Must be able to prepare all pastries on the menu 2 Should have knowledge of cooking 3 One who takes pride in his work F. Kitchen Police 1 As a duty roster function, not punishment 2 Realize the importance of his job 3 Mess sgt. should orientate the K.P.'s as to the assignment of their job | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| | IV. Film strips 10-97 and 10-99 (If these film strips are shown, 10 minutes should be taken from lecture time of Sec. III.) |
| 5 | V. Summary and Questions |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Mess Inspections

TEXT REFERENCES : TM10-405, AR 40-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor

EQUIPMENT : Standard classroom equipment

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD..1...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. <u>Introduction:</u> A. Why are Messes Inspected? 1. To see that men get an adequate amount of good wholesome food. 2. To insure maintenance of high standard of sanitation 3. To see that government property is properly used and maintained. 4. To check the efficiency of Mess Personnel | |
| 5 | II. <u>Exterior of Mess Hall</u> 1. Surrounding properly policed 2. Separation of Garbage, covering and cleaning 3. Fly control--fly trap at each unit and garbage rack. | |
| 10 | III. <u>Storage</u> A. Storeroom 1. Cleanliness, proper storage in shelving, or dunnage 2. Using old stock first. 3. Free from insect infestation B. Refrigeration 1. Must be clean, orderly, sweet smelling 2. Do not overload; staggering of foods. 3. Hanging of meats on hooks, pieces not touching 4. All food except meats and fresh vegetables should be covered. 5. Do not store foods that give off strong odors with those that absorb odors. | |
| 10 | IV. <u>Kitchen</u> A. Ranges 1. Army Range #5 a. Method of firing from fire box only, conservation of fuel by checking of dampers. b. Ranges clean and free from excess dirt or grease. c. The operation and proper cleaning. 2. Army Gas Range a. Cleaning procedure b. Make report to proper agency for repairs. B. Utensils 1. Black iron pots and pans, methods of blueing 2. Metal platters, pitchers, basting spoons etc. to be clean and free from grease. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 3. Knives <ul style="list-style-type: none"> a. Proper cleaning-do not soak in hot water b. Suitable rack for storing of cutting tools. |
| 5 | V. Washing of Silver and Dishes <ul style="list-style-type: none"> A. Must be washed according to AR 40-205 B. Explanation of AR 40-205 |
| 10 | VI. Dining Room <ul style="list-style-type: none"> A. Dining room tables <ul style="list-style-type: none"> 1. Clean, free from food particles and gum. B. Dining room floors <ul style="list-style-type: none"> 1. Cleaned after each meal 2. Free from grease and food particles C. Food handlers examination <ul style="list-style-type: none"> 1. Renewed each 30 days for permanent handlers. 2. Copy posted in mess hall at all times. |
| 5 | VII. Cooking and Serving <ul style="list-style-type: none"> 1. Foods properly prepared 2. Not prepared too far in advance 3. Following of CM menu 4. Palatability of food 5. Proper serving |

SUBJECT : Kitchen Management and Administration.

TITLE OF PERIOD : The Army Rations, Kinds, Uses, Components.

TEXT REFERENCES : Par. 66-69, TM 10-405; Extract, QM Notes on Rations, AR 30-2210; Sec. IV and VII, TM 10-205.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Standard Classroom equipment. Ration display, Boards C, D, K, 10 in 1, and Life Raft, 39 components of Garrison Ration.

TRANSPORTATION): None.

REQUIREMENTS): None.

STUDENT'S EQUIPMENT : Notebook and pencil.

LESSON PLAN.

....PERIOD...2...HOURS (Duration) PLACE: Classroom.

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 32 | I. Garrison Ration. <ul style="list-style-type: none"> A. Definition--is that prescribed in time of peace for all persons entitled to a ration. B. How it is issued.. <ul style="list-style-type: none"> 1. Money credit. C. Component parts of ration. D. Ration and savings account QM. <ul style="list-style-type: none"> 1. Purpose and by whom it is maintained. E. Ration return. | |
| 10 | II. Turkey ration. Thanksgiving Day and Christmas Day. <ul style="list-style-type: none"> A. Example, compute the cost of one ration for the students. | |
| 40 | III. Field Ration. <ul style="list-style-type: none"> A. Type "A"--issued in kind not money credit. <ul style="list-style-type: none"> 1. This will correspond as nearly as practicable to garrison ration. B. Type "B"--issued in kind. <ul style="list-style-type: none"> 1. This will correspond as nearly as practicable to type "A" except the perishable will be replaced by canned and processed foods. C. Type "C"--iron ration. <ul style="list-style-type: none"> 1. 3 Cans containing meat and vegetables. 2. 3 cans containing crackers, sugar, soluble coffee and confection. D. Type "D" <ul style="list-style-type: none"> 1. 3 four-ounce boxes of concentrated chocolate. E. Type "K" <ul style="list-style-type: none"> 1. Three boxes--breakfast, dinner, supper | |
| 15 | IV. Show TF 10-1216. | |
| 3 | V. Questions. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| | B. Kitchen <ol style="list-style-type: none"> 1. Floor 2. Tables 3. Ranges 4. Utensils 5. Chinaware 6. Silverware | |
| | C. Storeroom <ol style="list-style-type: none"> 1. Refrigerators 2. Floors 3. Vegetable bins 4. Dunnage | |
| 5 | VI. Disposal of Garbage <ol style="list-style-type: none"> A. Garbage racks <ol style="list-style-type: none"> 1. Daily cleaning - more often if necessary 2. Separation of garbage <ol style="list-style-type: none"> a. Fill to within four inches from top b. Keep lids on tight 3. Policing of area around garbage rack | |
| 2 | VII. Questions | |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Procurements of Rations

TEXT REFERENCES : TM 10-405, Part 415 TM 10-205, TM 10-379, Chapt III, IV, V "Issuing Meat by the Unit Supply"---WD Cir 158

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment, Film strip projector, screen, FS 10-94, 10-95, 10-116 and 10-131

TRANSPORTATION :

REQUIREMENTS : None

STUDENT'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

.....PERIOD..2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 | I. Methods of Drawing Rations <ul style="list-style-type: none"> A. Purchase of selected item either at QM or in outside markets (garrison rations) B. Automatic issue from camp QM (field rations) C. Railhead distribution |
| 15 | II. The Ration Breakdown <ul style="list-style-type: none"> A. Two cardinal principles <ul style="list-style-type: none"> 1. Even distribution 2. Quick delivery B. In the field <ul style="list-style-type: none"> 1. Supplies brought to a railhead, beach head or truck head 2. Breakdown to units from a bulk breakdown point in the vicinity of railhead 3. Types of distribution <ul style="list-style-type: none"> a. Railhead or truck head b. Unit distribution c. Dump distribution d. Combination distribution 4. Type of breakdown <ul style="list-style-type: none"> a. Unit breakdown b. Item breakdown |
| 25 | III. Show FS 10-94, 10-95, 10-116, 10-115 |
| 45 | IV. WD Cir 158 <ul style="list-style-type: none"> A. Field Ration A <ul style="list-style-type: none"> 1. To whom issued 2. Theatres of operation 3. Monthly menus 4. Ration interval B. Procurement <ul style="list-style-type: none"> 1. Substitutions 2. Basis for issue C Percentage deduction D. Daily ration request <ul style="list-style-type: none"> 1. Basis for issue 2. Persons subsisted E. Ration Record <ul style="list-style-type: none"> 1. Informal record 2. Responsibility F. Consolidated ration request <ul style="list-style-type: none"> 1. Exhibit B 2. Distribution of forms |

V. Questions

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Storage and Inspection of Food.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Standard classroom equipment.

TRANSPORTATION) :

REQUIREMENTS) : None.

STUDENT'S EQUIPMENT : Notebook, pencil.

LESSON PLAN :

PERIOD 1 HOURS (Duration)

PLACE: Classroom

| THE SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Importance of proper storage. | |
| 2 | II. Responsibility of storage of foods. A. For storage and inspection. B. When are foods stored. | |
| 15 | III. Storeroom Facilities. A. Refrigeration. 1. Types of boxes in use. 2. Temperatures 3. Ventilation, humidity, circulation of air. 4. Sanitation. B. Dunnage 1. Description, uses, purpose C. Shelving 1. Cleanliness and order. D. Vegetable bins. 1. Segregation of foods. 2. Daily inspection of foods in bins 3. Cleanliness of bin. | |
| 29 | IV. Inspection and storage of foods A. Storage of can goods 1. Check made for leaks, swells, etc. 2. Keeping old stock to the front. 3. Neatness on shelving 4. Cleanliness, ventilation. 5. Keeping related items together. B. Storage of perishable foods. 1. Use of refrigeration 2. Staggering of food to increase circulation. 3. Do not overcrowd. Store only necessary foods. 4. Name perishable foods that are stored. 5. Do not store odorous and non-odorous foods together. 6. Inspection of perishables and necessary trimming. C. Storage of non-perishables. 1. Name non-perishable foods 2. Ventilation. 3. Use of storage. D. Meats and dairy products. 1. Inspection. 2. Notify proper authorities when in doubt of freshness. 3. Proper storage. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------|
| | <div data-bbox="581 211 1243 288"> <p>4. Storage of left-overs.</p> <p>5. Foods to be covered in refrigeration.</p> </div> |

SUBJECT ; Kitchen Management and Administration

TITLE OF PERIOD ; Proper accounting for Food

TEXT REFERENCES ; Exhibit A, B, C, WD Cir 158 and WD Cir 171; Cooks Work Sheet

INSTRUCTIONAL AIDS ;

PERSONNEL ; Classroom Instructor

EQUIPMENT ; Cooks work sheet for each student; Standard Classroom Equipment

TRANSPORTATION ;

REQUIREMENTS ; None

STUDENT EQUIPMENT: Notebook and Pencil

LESSON PLAN ;

PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | I. Introduction A. Reason for Circular 171 and 158 |
| 2 | II. Circular 158 A. To whom it applies |
| 15 | III. Menus A. Method of issue B. Value C. Nutritionally balanced D. Variety E. Utilization of seasonable fruits and vegetables F. Substitutions G. Increased issue of components |
| 3 | IV. Distribution of rations |
| 2 | V. Ration cycle |
| 2 | VI. Percentage deductions |
| 2 | VII. Basis for Issue A. Estimation |
| 33 | VIII. Necessary Forms of Circular 158 A. Exhibit A 1. Section I--Ration Request for Units 2. Section II--Record of Attendance Previous day 3. Section III--Comparison only 4. Section IV--Record of Reimbursement B. Exhibit B 1. Consolidated ration request for an organization |
| 10 | IX. Circular 171 A. Estimation B. Head Count |
| 5 | X. Mess Attendance Record |
| 15 | XI. Cooks Work Sheet A. Briefly explain its use from the directions on reverse side of sheet |
| 3 | XII. Questions |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Conservation of Food

TEXT REFERENCES : WD Tng. Cir. #118, (2 Nov 1943)

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard classroom equipment, projector, screen, TF10-1291

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom:

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I Introduction A Army can play an important part in food conservation B Observation & measurement of $2\frac{1}{2}$ million man meals C $1/5$ of food prepared was never eaten | |
| 20 | II Causes of Food waste in Army A Absenteeism causes waste of food 1 Not those absent for good reasons 2 Those that choose to go to P. X. B Improper storage C Waste in preparation D Utilization of left-overs E Prepared quantities too large F Over-cooking G Poor mess management H Improper serving | |
| 15 | III. Methods of controlling waste A. Accurate estimation of food requirements B. Take into consideration pay-days, week-ends or any function that result in men being absent C. Handle Food carefully, avoid any damage D. Do not prepare too far in advance E. Utilize bones and scraps for stock or seasoning F. Utilization of fats; rendering of fats G. Proper serving methods | |
| 5 | IV. Mess Hall A. Make mess hall as inviting as possible B. Make surroundings cheerful C. Use of curtains, paint etc. V. What your mess officer can do to prevent waste: A. Instruct mess personnel B. Proper supervision of personnel C. Orientation of men in the unit | |
| 7 | VI. Summary A. Accurate estimation of food requirements B. Careful and appropriate use of left-overs C. Maintenance of proper salvage methods D. Proper reduction of kitchen stock levels E. Cultivate better messing habits and surroundings | |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Personal Hygiene and Sanitation

TEXT REFERENCES : Par 64-70 TM 10-205, Par 70 TM 10-405, AR 40-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT: Notebook & Pencil

LESSON PLAN :

.....PERIOD...1..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | I. Introduction <ul style="list-style-type: none"> A. Why personal hygiene and sanitation is of utmost importance in the army. B. Delay in training, lower morale, actual loss of battles |
| 5 | II. General <ul style="list-style-type: none"> A. How intestinal diseases are transmitted B. Control Measures <ul style="list-style-type: none"> 1. Water purification 2. Protection of food 3. Waste disposal 4. Fly control |
| 10 | III. Personal Hygiene <ul style="list-style-type: none"> A. Responsibility of the organization commander B. Cleanliness of food handlers <ul style="list-style-type: none"> 1. Uniforms of food handlers 2. Haircuts, short nails, baths, etc. C. Action taken when food handler has respiratory diseases etc. D. Food handlers certificate <ul style="list-style-type: none"> 1. When examined 2. Posted in mess hall 3. Examination every 30 days, must not elapse |
| 10 | IV. Insect Control <ul style="list-style-type: none"> A. Prevention of breeding places to have effective fly control B. Elimination by use of sprays, ribbons, fly traps, fermented bait C. Roaches and ants are not transmitting agencies for insect borne diseases, but may transmit intestinal disease by contamination of food <ul style="list-style-type: none"> 1. Control <ul style="list-style-type: none"> a. Deprivation of food supplies b. Cleanliness |
| 15 | V. Cleaning of Dining Room, Kitchen Floors <ul style="list-style-type: none"> A. Dining room <ul style="list-style-type: none"> 1. Floors (Proper method) 2. Tables, sides of building, all racks 3. Windows |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Cooking Plans, Kitchen Operation

TEXT REFERENCES : Par 70-75 TM 10-405, Par 3-15 Sec II TM 20-205
Par 56-Sec VIII TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom Equipment

TRANSPORTATION)

REQUIREMENTS): None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | LECTURE |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I. Introduction-The necessity for having a definite plan of work in cooking | |
| 10 | II. Menu <ul style="list-style-type: none"> A. Study of menu prior to preparation B. Check menu to see if foods are available C. Definite plan to prepare meal D. Time required for completing meal. E. <u>Careful attention in following cooks work sheet</u> | |
| 10 | III. Preparation <ul style="list-style-type: none"> A. Have necessary equipment clean, ready for use B. Assemble all needed ingredients C. Regulation of stoves D. Use only necessary utensils E. <u>A good cook will clean up "behind" himself.</u> | |
| 10 | IV. Cooking <ul style="list-style-type: none"> A. Prepare foods first that require longer cooking B. Know type of cookery for each food according to menu C. Proper seasoning of foods D. Avoid over-cooking E. Use of too much liquid-destroys vitamins & minerals F. Apply time and labor saving methods | |
| 15 | V. Service of meals <ul style="list-style-type: none"> A. Foods should not be prepared too far in advance B. Two methods of serving in army mess <ul style="list-style-type: none"> 1. Cafeteria style <ul style="list-style-type: none"> a. Advantages and disadvantages of this method b. Arrangement of foods for serving c. Instruct helpers how to serve d. Neatness in serving e. Equal rations of foods 2. Family style <ul style="list-style-type: none"> a. Do not put food on tables too far in advance b. Garnishing of foods c. Keep serving bowls neat d. Even distribution of food to tables e. Arrangement of food on tables. | |
| 2 | Summary <ul style="list-style-type: none"> 1. Personal hygiene 2. Definite plan of work includes preparation, cooking and serving of food | |

SUBJECT : Kitchen Management and Administration.

TITLE OF PERIOD : WD QMC Form 469.

TEXT REFERENCES : TM 10-205.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Standard Classroom equipment. WD QMC Form 469.

TRANSPORTATION) :

REQUIREMENTS) : None.

STUDENT'S EQUIPMENT : WD QMC Form 469, pencil.

LESSON PLAN

.....PERIOD...1...HOURS (DURATION) PLACE: Classroom.

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Application |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 5 | I. Introduction. A. Used in operating garrison mess. B. Monthly mess accounting record. C. Purpose for using WD QMC Form 469. | |
| 3 | II. Proper Accounting. A. To determine gain or loss. B. To know financial standing on any given day. C. Perpetual inventory stock. | |
| 7 | III. Explanation of Form 469. A. Value of ration. B. Allowance from company funds. C. Value of stock on hand at end of previous month--at end of present month. D. Certified by mess sergeant. E. Audited by mess officer. F. Explanation of col. 1-16 inc. | |
| 30 | IV. Application. A. Fix value of ration--allowance company fund. B. Give other necessary figures to complete problem. C. Students to work out each column. Instructor should have all figures available in advance and to have the problem completed with correct figures. | |
| 5 | V. Discussion. | |

SUBJECT : Kitchen Management and Administration

TITLE OF PERIOD : Applicatory Problem on WD Cir 158

TEXT REFERENCES : WD Cir 158, 21 April 1944

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Exhibit "B", Over and Under Issue (Improvised Form)

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

.....PERIOD..2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Application |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 2 | I. Introduction | |
| | a. The issue of all Class A Field Rations is controlled by this circular | |
| 10 | II. Daily Ration Request | |
| | A. Exhibit "A" | |
| | 1. Initiated in the company or similar unit | |
| | B. Give each student a blank Exhibit "A" and explain all entries to be made there on | |
| 15 | III. Ration Record | |
| | A. The Headquarters responsible for consolidating the information received in the Daily Ration Request will maintain this record | |
| | 1. Accumulative over and under issue | |
| | a. Subject to adjustment by headquarters | |
| | b. Improvised Form | |
| 3 | IV. Consolidated Ration Request | |
| | A. Exhibit "B" | |
| | 1. Prepared by the Headquarters responsible for consolidating the information from Exhibit "A" | |
| 10 | V. Distribution of Field Rations | |
| | A. Responsible Officer will make the "break-down" distribution | |
| | 1. All or part of a delivery may be cancelled. | |
| | a. Exceptions may be highly perishable items or which arrangements must be made in advance for cancellation | |
| | 2. Excess Subsistence Items to be turned in | |
| | a. Inventories will be taken semi-monthly | |
| | b. Responsible Officer may re-distribute items within his Regiment. | |
| 5 | VI. Meals furnished to individuals who are required to reimburse government therefore | |
| | A. Men authorized to mess separately will pay at the rate of 25¢ per meal | |
| | 1. This will be shown daily on Exhibit "B" | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 55 | <p>VII. Application</p> <p>A. Each student will be given one of each of the mimeographed forms</p> <p>B. The Instructor will give the class several completed Exhibits "A", and from these the class will individually fill in Exhibit "B" and the Over and Under Issue Form to determine the accumulative Over and Under Issue for the designated number of days.</p> |

SUBJECT : Nutrition

TITLE OF PERIOD : Elements of Nutrition

TEXT REFERENCES : Par 47-50 Sec VIII TM 10-205 Sec II TM 10-405
Foodstuffs memo

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor

EQUIPMENT : Standard Classroom equipment. National Livestock Nutrition Chart

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook & pencil

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 4 | I. Introduction: A. Facts concerning nutrition 1. Span of Life during Middle Ages was less than 20 years; in India, last year 26.6 years; in U.S. 60 years. 2. Of the first million selectees 1/3 were rejected for military service, 50,000 of which had been traced to malnutrition 3. To keep healthy we must eat the right foods daily | |
| 10 | II. Elements of Nutrition A. Normal diet requirements 1. Carbohydrates 4. Minerals 2. Fats 5. Vitamins 3. Proteins 6. Water B. Good health depends on kinds and amount of foods eaten 1. Q.M. menu provides adequate and balanced meal 2. Approximately 3700 calories 3. All foods contain some of elements of nutrition, but no food contains all the elements. | |
| 5 | III. Functions of Foods (Classification) A. To produce heat & energy B. To build and repair body tissues C. To regulate body processes | |
| 25 | IV. Nutrients Contained in Food A. Use of National Livestock Chart B. Explanation of source of nutrients from each food C. Functions of foods in the body D. Foods of high caloric content | |
| 6 | V. Summary & Questions A. Adequate diet B. Balanced diet C. How nutritive elements are preserved D. Naming elements of nutrition, function of foods | |

SUBJECT : Nutrition

TITLE OF PERIOD : Vitamin content of food

TEXT REFERENCES : Par. 9 Sec. II TM 10-405; Sec VII TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD...1..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------|---------|
| 2 | I. Introduction | |
| | A. Why the Army is vitamin conscious | |
| 10 | II. History of Vitamins | |
| | A. Experience of Captain Cook 1770 | |
| | 1. Scurvy and its toll of death among seamen | |
| | 2. Citrus fruits prevented scurvy | |
| | B. Eijkman's experiments 1890 | |
| | 1. Beri-beri among the natives of Java | |
| | 2. Used chickens to experiment | |
| | a. Polished rice diet | |
| | b. Brown rice caused recovery | |
| | C. Vitamins were so named by Casimir Funk | |
| | 1. Vita--Latin word meaning life | |
| | 2. Amines, from amine or nitrogenous group which he believed they contained | |
| | D. Pellagra | |
| | 1. Experiments of Dr. Goldberger 1915 | |
| | a. Prevalent in the south | |
| | b. Diet was proven to be the cause rather than its being contagious as was believed at that time | |
| 34 | III. Vitamins | |
| | A. Definition--a minute substance in food that regulates body processes, promotes growth and protects health | |
| | B. Vitamin A--Essential for good eye sight also promotes a healthy skin | |
| | 1. Deficiency causes night blindness | |
| | 2. Best sources: Milk, cream, leafy green and yellow vegetables, egg yolks, butter and cheese. | |
| | C. Vitamin B ₁ - Thiamin | |
| | 1. "Pop or morale vitamin" closely associated with general tone of body and nervous system | |
| | 2. Extreme cases - beri-beri | |
| | 3. Best sources: cereals, lean pork, fowl, legumes | |
| | D. Vitamin B ₂ - Riboflavin | |
| | 1. Aids in the utilization of food | |
| | 2. Deficiencies: Cause skin and eye disorders, dimness of vision, digestive disturbance | |
| | 3. Source: Milk, eggs, liver, leafy green vegetables | |

TIME
SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

E. Niasin (Nicotinic Acid)

1. Essential to health of skin, nerves and digestive system
2. Deficiencies: Slick and burning tongue extreme cases cause pellagra
3. Usually found in same sources as B₁ & B₂

F. Vitamin C (Ascorbic Acid)

1. Promotes healthy blood vessels, sound bones and teeth
2. Deficiencies: marked weakness, bleeding into tissue, a softening of bones, scurvy
3. Sources: Citrus fruits, bananas, tomatoes

G. Vitamin D (Sunshine Vitamin)

1. Aids in the use of calcium and phosphorus for bone and teeth, all three must be present together
2. Deficiencies: Rickets
3. Source: Sunshine, egg yolk, milk and butter
4. Hardest of the vitamin family

4

IV. Questions

SUBJECT : Nutrition

TITLE OF PERIOD : Menu Study

TEXT REFERENCES : Sec. VII TM 10-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Nutrition yardstick, nutrition chart, OM, Menu, Projector, screen, FS 8-52, FS 8-53, standard classroom equipment.

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil, nutrition yardstick, OM, Menu

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Film Strip |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 15 | I. Building the Army Menu A. Origin B. Buildup C. Rations, contracts and purchases for the menu. | |
| 40 | II. The Army Menu A. Nutritional factors of Army Menu, use nutrition charts. B. Balanced and adequate diet. 1. Explain difference between the two terms 2. The necessity of diet being both adequate and balanced. C. Substitutions and Additions 1. Substitutions must be authorized 2. Must be of equal nutritional value 3. When substitutions may be made 4. Additions to improve the menu 5. Help to utilize left-overs D. Importance of variety in the menu. | |
| 25 | III. Nutrition Yardstick A. Use menu for one day 1. Take each meal and compute the nutritive value for the food for that particular day. 2. Instructor will assist with problem. 3. Compare answers | |
| 20 | IV. Film Strips A. Show FS 8-52, FS 8-53 B. Lecture with Film Strips | |

SUBJECT : Nutrition.

TITLE OF PERIOD : Physiology of Digestion.

TEXT REFERENCES : 11. 8-200.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Standard classroom equipment; projector, screen, TF Alimentary Canal; TF Digestion of Foods.

TRANSPORTATION) :

REQUIREMENTS) : None.

STUDENT'S EQUIPMENT: Notebook and pencil.

LESSON PLAN

.....PERIOD ...2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| 10 | <p>I. Introduction.</p> <p>A. Two general classes of food.</p> <ol style="list-style-type: none"> 1. Inorganic--salts and water. 2. Organic--carbohydrates, fats, and proteins. <p>B. Digestive Organ.</p> <ol style="list-style-type: none"> 1. Mouth 2. Teeth 3. Tongue 4. Esophagus 5. Stomach 6. Small intestines 7. Large intestines. 8. Rectum | |
| 10 | <p>II. Digestion in the mouth.</p> <p>A. Mechanical</p> <ol style="list-style-type: none"> 1. Properly masticated food is finely divided pulp. 2. Large pieces of food in the stomach cause slower process in digestion <p>B. Chemical.</p> <ol style="list-style-type: none"> 1. Saliva is alkaline in reaction and contain ptyolin. 2. Food is not retained in the mouth long enough for this action to be completed. <ol style="list-style-type: none"> a. Action of ptyolin continues in the stomach until food is mixed with the gastric juice. | |
| 15 | <p>III. Digestion in the Stomach.</p> <p>... Mechanical.</p> <ol style="list-style-type: none"> 1. Passage of food through the esophagus No digestive action takes place. 2. Stomach <ol style="list-style-type: none"> a. Fundus--receives the food. b. Pyloric end--discharges food from the stomach. c. Chyme--food mixed with gastric juices and changed into a thick fluid substance. d. Food stays in the stomach from one to four hours. <ol style="list-style-type: none"> 1. Carbohydrates leave most quickly, then proteins and lastly fats. <p>B. Chemical</p> <ol style="list-style-type: none"> 1. Action of ptyalin on starch. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 | <div data-bbox="581 228 1296 316"> <p>2. Rennin--an enzyme of the gastric juices.</p> <p>3. Pepsin and hydrochloric acid--protein splitting enzyme.</p> </div> <div data-bbox="307 352 920 387"> <p>IV. Digestion in the Small Intestine.</p> </div> <div data-bbox="467 387 710 423"> <p>A. Mechanical.</p> </div> <div data-bbox="614 423 1263 614"> <p>1. The chyme passes through duodenum where several additions are made.</p> <ol style="list-style-type: none"> Bile-liver. Pancreatic juice--pancreas. Intestinal juice-glands of intestine. </div> <div data-bbox="481 614 694 649"> <p>B. Chemical.</p> </div> <div data-bbox="628 649 1314 875"> <ol style="list-style-type: none"> The acidity of the chyme is neutralized by the alkalinity of the pancreatic juice and salts of the bile. Protein digestion trypsin and erepsin. Fat digestion, bile salts and steapsin Carbohydrate Digestion--amyllopsin. </div> |
| 5 | <div data-bbox="307 911 889 947"> <p>V. Function of the Large Intestine.</p> </div> <div data-bbox="467 947 1218 1006"> <p>A. Colon (large intestine) is between 3 and 4 feet long.</p> </div> <div data-bbox="467 1006 1197 1042"> <p>B. Water absorbed and some nutritive matter.</p> </div> <div data-bbox="467 1042 1263 1101"> <p>C. Remaining material consists of undigested substances, bacteria and some waste material.</p> </div> |
| 40 | <div data-bbox="307 1137 1286 1232"> <p>VI. Orient class for training films; "Alimentary canal and Digestion of Food". Instructor will discuss and answer questions at the end of each film.</p> </div> |

SUBJECT : Meat and Meat Products.

TITLE OF PERIOD : Meat Carving, Serving. Smoked, cured, prepared Meats, Fish and Shell Fish. Proper use of meats.

TEXT REFERENCES : Par. 16, 17, 26, 27, 31, 33, 57, 59. TM 10-405, TM 10-407, TM 10-408.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Standard classroom equipment. National Livestock and Meat Board Charts..

TRANSPORTATION) :

REQUIREMENTS) : None.

STUDENT'S EQUIPMENT.: Note book, and pencil.

LESSON PLAN

....PERIOD...2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training Film |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|
| 5 | I. Introduction. A. Proper carving and serving of meats necessary to: 1. Obtain attractiveness. 2. Tenderness 3. Flavor. 4. Prevents waste. | |
| 15 | II. Carving Procedure. A. Allow meat to set before carving. B. Check grain of meat (cut across grain.) C. Use of sharp, thin knife. D. Use meat fork to steady roasts. E. Make long , straight cut. F. Uniformity of slices. G. Do not carve too far in advance. | |
| 10 | III. Serving. A. Place neatly on platter. B. Garnish. C. Remove excess grease. D. Sufficient meat on platter for each individual. | |
| 20 | IV. Show TF 10-1138. | |
| 15 | V. Smoked, cured, prepared meats . A. Smoking meats one of earliest methods of preserving. B. Comparison to modern methods. C. Kinds of smoked and cured meats. 1. Hams, regular, skinned. 2. Bacon, picnics. 3. Salt, pork. 4. Corned-beef. D. Uses in the Army Mess.. E. Inspections of cured meats . 1. Sourness around bone. | |
| 3 | VI. Fish and Shell Fish. A. Kinds. 1. Fresh 2. Frozen. 3. Smoked. | 4. Shell a. Clams. b. Oysters. c. Shrimp. d. Crab. |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------|
|-----------------------------|-------------------------------------------------|

- | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | <p>VII. Storage and Inspection of Frozen Fish.</p> <p>A. Precautions in storage.</p> <p>B. Inspection of fish delivered to mess.</p> <p>C. Methods of thawing.</p> |
| 5 | <p>VIII. Inspection of Fresh Fish.</p> <p>A. Eyes.</p> <p>B. Gills.</p> <p>C. Firmness.</p> |
| 10 | <p>IX. Proper Use of Meats.</p> <p>A. Definition of meat.</p> <p>B. Value of meat as a food.</p> <p>C. Importance in the mess.</p> <p>D. How each food is supplied to the Army Mess.</p> |
| 7 | <p>X. Use of left-overs.</p> <p>A. Salads.</p> <p>B. Stews and hash.</p> |
| 3 | <p>XI. Canned Meats.</p> <p>A. Composition.</p> <p>B. Food Value.</p> |
| 2 | <p>XII. Questions.</p> |

SUBJECT : Meats and Meat Products

TITLE OF PERIOD : Army Boneless Beef, Poultry, Meat Cookery, Meat Specialties

TEXT REFERENCES : Par 20(1), 31,34,51-56, Par 30 TM 10-405; Meat Reference Manual

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : National Livestock and Meat Board Chart; Standard Classroom Equipment

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

.....PERIOD..2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Army Boneless Beef <ul style="list-style-type: none"> A. Beef of Army specifications <ul style="list-style-type: none"> 1. Class 2. Grade 3. Weight B. Methods of Packing <ul style="list-style-type: none"> 1. Frozen 2. Types of cuts 3. Trimmed and sized | |
| 5 | II. Advantages of Army Boneless Beef <ul style="list-style-type: none"> A. No trimming or boning waste B. Requires less preparation for cooking | |
| 10 | III. Uses for Boneless Beef <ul style="list-style-type: none"> A. Uses for different kinds of cuts B. Methods of cooking | |
| 8 | IV. Other Frozen Meats <ul style="list-style-type: none"> A. Pork Loins B. Pork Boston Butts C. Shoulders D. Liver-Glandular meat | |
| 10 | V. Poultry <ul style="list-style-type: none"> A. Classes of poultry used <ul style="list-style-type: none"> 1. Chickens <ul style="list-style-type: none"> a. Kinds b. Uses 2. Turkeys <ul style="list-style-type: none"> a. Kinds used 3. Ducks and Geese <ul style="list-style-type: none"> a. Kinds and uses | |
| 12 | VI. Poultry dressing <ul style="list-style-type: none"> A. Drawing of poultry B. Steps for cleaning C. Unjointing of poultry | |
| 10 | VII. Methods of Cooking Poultry <ul style="list-style-type: none"> A. Broiling B. Frying C. Roasting D. Stewing or Fricasseeing | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | VIII. Purpose of cooking meats and poultry <ul style="list-style-type: none"> A. Palatability B. Tenderize C. Protection of health D. Variety in cooking flavors |
| 10 | IX. Meat Specialties <ul style="list-style-type: none"> A. Meat specialties are edible parts of beef, veal, pork and lamb B. Also called glandular meats C. Rich source of vitamins and minerals D. Adds variety to menu |
| 5 | X. Classification of Meat Specialties <ul style="list-style-type: none"> A. Tongue B. Brains C. Livers D. Hearts E. Kidneys F. Tripe G. Sweetbreads H. Tails |
| 20 | XI. Preparation and Methods of Cooking <ul style="list-style-type: none"> A. Proper trimming and cleaning B. Methods of cooking each |

SUBJECT : Meats and Meat Products

TITLE OF PERIOD : Cutting Carcass Beef

TEXT REFERENCES : Par 21, 21 TM 10-405, TM 10-407

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor, Meat Instructor and Assistant

EQUIPMENT : Meat Cutting Tool Kit, National Livestock and Meat Board Charts, Meat Cutting Table or Meat Block, Flood Lights and Chart Rack or Film Projector, Screen and TM 10-1134 & TF 10-1135; Standard Classroom Equipment.

TRANSPORTATION REQUIREMENTS : None

STUDENT'S EQUIPMENT : Notebook and Pencil

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| THE SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|
| | | Demonstration Training Film |
| 5 | I. Introduction <ul style="list-style-type: none"> A. Carcass beef and its advantages in the army mess B. Importance of cutting and boning meat properly C. Importance of each cook knowing how to cut and bone meat | |
| 90 | II. Demonstration <p>Either a forequarter or hindquarter of beef will be cut, depending on which is available. Before each cut is made the meat instructor should explain, from the chart, the bone structure involved and the method to be used in cutting of bone or one section of carcass from another. During the demonstration, the following items should be thoroughly stressed:</p> <ul style="list-style-type: none"> A. Structure and conformation of the bones B. Reasons for <ul style="list-style-type: none"> 1. Trimming beef before cutting 2. Separating thick from thin cuts. 3. Separating tender from less tender cuts C. The various cuts and their proper uses | |
| (90) | III. Training Film <ul style="list-style-type: none"> A. Orientation for training Film 10-1134 or TM 10-1135 (Present TF 10-1134 if a hindquarter was cut or TF 10-1135 if a forequarter was cut, in order that the students may see both a hind and forequarter cut in a demonstration or training film) B. Show TF 10-1134 or TF 1135 <p>Note: If a carcass beef is not available then show both training films in the following order:</p> <ul style="list-style-type: none"> 1. Orient class for film 10-1134 2. Show film 10-1134 3. Go over step by step the break down and boning of the front quarter using the meat charts to show cutting lines and bone structures. 4. Orient class for film 10-1135 5. Show film 10-1135 6. Go over step by step the break down and boning of the hindquarter using the meat charts to show cutting lines and bone structures. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | <p>IV Film Strips 10-97 and 10-99</p> <p>(If these film strips are shown, 10 minutes should be taken from lecture time of Sec III)</p> <p>V Summary and Questions</p> |

SUBJECT : Meats and Meat Products

TITLE OF PERIOD : Cutting Lamb, Pork, Veal

TEXT REFERENCES :

INSTRUCTION AIDS : Standard Classroom equipment, National Livestock
FILM/SCHEEL : and Meat charts, Projector, screen, TF 10-1136,
EQUIPMENT : TF 10-1137, TM 10-408

TRANSPORTATION) :
REQUIREMENTS) : None

STUDENT'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

.....PERIOD...4...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Training film |
|-----------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Introduction - The part Lamb, pork and veal play in the Army Mess | |
| 4 | II. Lamb A. Four classifications B. How to identify | |
| 5 | III. Pork A. Is not bought in carcass form B. Why wholesale cuts are advisable C. Pointers about pork | |
| 5 | IV. Veal A. Types used by Army B. How issued for Army Mess C. Cutting procedure same as beef | |
| 33 | V. Show Training Films 10-1136 and 10-1137 | |

SUBJECT : Meat and Meat Products

TITLE OF PERIOD : Use and Care of Meat Cutting Tools

TEXT REFERENCES : Par. 18 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Meat cutting table or block, meat board charts, cutting tool kit, projector, screen, TF 10-1133

TRANSPORTATION) Standard classroom equipment

PREREQUISITES) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD...1...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Demonstration Training Film |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| 10 | I. Kinds and Uses of Tools A. Name all cutting tools found in mess 1. Description of each tool 2. Special use and job for each tool | |
| 2 | II. Care of Tools A. Care is responsibility of cook B. When tools are cleaned C. Correct method of cleaning all cutting tools D. Proper care means efficient working conditions | |
| 3 | III. Precautions in using Sharp Tools A. Avoid all "horseplay" B. Proper grips and motions C. Keeping other hand from path of knife | |
| 10 | IV. Proper Method of Sharpening Tools (Demonstration) A. Preparation of stone for sharpening B. Proper methods of sharpening C. Use of the steel | |
| 25 | V. Show TF 10-1133 | |

SUBJECT : Principles and Practice of Cooking

TITLE OF PERIOD : Methods of Cooking

TEXT REFERENCES : Par. 35-37, 43, 51-54, 60 TM 10-405; par. 25, 60 TM10-205
TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Class room instructor

EQUIPMENT : Standard classroom equipment, nat'l livestock meat charts.

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Note book, pencil

LESSON PLAN

.....PERIOD..2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 5 | I. Introduction: A. Definition of cooking--purpose 1. History of cooking from early times 2. Cooking is an art; requires experience 3. Relationship of cooked foods and raw. | |
| 5 | II. Importance of Cooking A. Morale builder B. Preserving or increasing health of soldiers.. | |
| 40 | III. Cooking in General A. Methods of Cooking 1. Moist heat 2. Dry heat B. Variations in cooking times and temperatures C. Preparations for Cooking D. Cooking terms--define all terms found in par. 52, TM10-405 | |
| 40 | IV. Use of heat in cooking A. Meats 1. Proper temperatures for meats 2. Uniformity in size 3. Terms that apply to meats by moist or dry heat. 4. Proper amounts of water used in moist heat cookery. B. Vegetables 1. Cooking time depends on whether it is; a. fresh b. canned c. frozen 2. Cooking vegetables by dry heat a. Examples of vegetables prepared by dry heat b. Retains nutritive value. 3. Cooking vegetables by moist heat a. Correct temperatures b. Proper quantities of water C. Effects of Cooking 1. Effects the coloring 2. Odor 3. Flavor 4. Nutritive value | |
| 7 | V. Seasoning of Foods A. A good cook is careful when using seasoning B. A good slogan--"You can always add, but can never take away" C. Season to the tastes of your men, not your own likes D. Seasoning gives variety of flavors to the same food. | |
| 3 | VI. Summary; Cooking temperatures; water; seasoning. | |

SUBJECT : Principles and Practice of Cooking

TITLE OF PERIOD : Fruits, Salads, Vegetables (Frozen)

TEXT REFERENCES : Par. 43, 63 TM 10-405, Par. 25 Sec. V, TM 10-205
Mimeo on quick frozen foods.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Cooking charts, standard classroom equipment

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| THE SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | I. Introduction <ul style="list-style-type: none"> A. Importance of fruit in the diet B. Importance of proper cooking of fruits |
| 8 | II. Fresh Fruits <ul style="list-style-type: none"> A. Storage B. Preparation for cooking C. Cooking D. Methods of serving without cooking |
| 5 | III. Citrus Fruits <ul style="list-style-type: none"> A. Storage B. Preparation for serving C. Methods of serving. |
| 7 | IV. Dried Fruits <ul style="list-style-type: none"> A. Storage B. Preparation for cooking C. Methods of cooking D. How used |
| 15 | V. Canned Fruits <ul style="list-style-type: none"> A. Storage B. Inspection of cans before opening C. Inspection of contents after opening D. Methods of cooking and serving |
| 5 | VI. Quick Frozen Fruits <ul style="list-style-type: none"> A. Storage B. Preparation and Serving |
| 5 | VII. Salads <ul style="list-style-type: none"> A. Good health depends on kinds and amounts of food eaten B. Salads add color, variety and nutrition to the menu |
| 9 | VIII. Five Fundamentals of Salad Making <ul style="list-style-type: none"> A. Cleaning of ingredients B. Chilling C. Cutting of materials D. Mixing E. Use of garnish |
| 20 | IX. Salads are Classed in Five Groups <ul style="list-style-type: none"> A. Raw vegetables <ul style="list-style-type: none"> 1. Called health protective foods 2. Best sources of vitamins and minerals 3. Best way of using green and leafy vegetables |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <ul style="list-style-type: none"> B. Fruits <ul style="list-style-type: none"> 1. Canned or fresh 2. Uniformity of cuts or slices C. Meats <ul style="list-style-type: none"> 1. Avoid overseasoning 2. Should be diced, never ground 3. Combination of meats- (Use of left-overs) D. Fish <ul style="list-style-type: none"> 1. Flaked 2. Chilled E. Congealed Salads <ul style="list-style-type: none"> 1. With fruits 2. With vegetables |
| 5 | X. Dressing for Salads <ul style="list-style-type: none"> A. Mayonnaise B. Russian C. French D. Thousand Island |
| 10 | XI. What are Frozen Foods? <ul style="list-style-type: none"> A. How do they compare in nutritive value B. Why their uses are important during war C. History and Development <ul style="list-style-type: none"> 1. History 2. Freezing in cold air 3. Direct immersion 4. Indirect contact D. Kinds of Frozen Vegetables <ul style="list-style-type: none"> 1. Those used by the army E. Transportation and Storage <ul style="list-style-type: none"> 1. Shipped in refrigerated cars 2. Kept in original containers 3. Do not allow to thaw |
| 10 | XII. Cooking Fresh Frozen Vegetables <ul style="list-style-type: none"> A. Methods of thawing B. Cooking time-easily over cooked C. Water may not have to be added D. Examples of cooking time and proportions <ul style="list-style-type: none"> e.g. Page 17, Vol. 4; No. 15 Training Service Journal, 14 April 1944. |

SUBJECT : Principles and Practices of Cooking

TITLE OF PERIOD : Beverages, Sandwiches, Misc. Foods and Soups

TEXT REFERENCES : Par 39, 45, 47, 49 & 65 TM 10-405; QM Handbook
Par 3c Cir 277 20 Aug 1942

INSTRUCTIONAL AIDS :

PERSONNEL :

EQUIPMENT : Standard Classroom Equipment

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT EQUIPMENT: Notebook & Pencil

LESSON PLAN :

.....PERIOD..2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 3 | I. Beverages A. Important to the Army Mess B. Builder of morale | |
| 2 | II. Kinds of Beverage A. Coffee -- hot or iced B. Tea -- hot or iced C. Cocoa -- chocolate milk D. Lemonade E. Fruitades F. Milk | |
| 25 | III. Coffee A. Most important beverage B. Rules for making coffee 1. Use fresh water bringing to a boil from cold water 2. Use ground coffee only once 3. Do not make in quantities larger than needed 4. Give proper quantities of coffee to water C. Methods of coffee brewing D. Methods of brewing teas 1. For hot and for iced E. Method of making cocoa 1. Ratio of cocoa to liquid 2. Making of paste, adding sugar F. Fruitades 1. Ratio to taste 2. Make allowance for ice used | |
| 25 | IV. Sandwiches A. Used as emergency ration 1. Not a balanced diet 2. Insufficient calorific content 3. To be supplemented with beverages B. Food Value of Sandwiches 1. Protein in meats, cheese, eggs etc. 2. Fats in butter, meats 3. Minerals and vitamins in lettuce C. Types of bread used 1. Buns -- most popular 2. White bread 3. Wheat, rye | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| | D. Types of fillers <ol style="list-style-type: none"> 1. Egg - Egg salad 2. Meat loaf 3. Beef, Pork & Ham 4. Peanut butter 5. Jelly 6. Combinations | |
| 5 | V. Faults and Corrections in Sandwich making <ol style="list-style-type: none"> A. Freshness for bread B. Uniformity of slices C. Wrapping and packing | |
| 10 | VI. Miscellaneous Foods <ol style="list-style-type: none"> A. Foods classified as miscellaneous are: <ol style="list-style-type: none"> 1. Starchy 2. Pickled 3. Alimentary pastes <ol style="list-style-type: none"> a. Spaghetti b. Noodles c. Macaroni 4. Dressings 5. Relishes B. How each are used in cooking | |
| 30 | VII. Soups <ol style="list-style-type: none"> A. Provides good source of nutrition B. Use of the stock pot <ol style="list-style-type: none"> 1. How stock is made 2. Other uses for stock C. Using of seasoning and vegetables in soups <ol style="list-style-type: none"> 1. How to use spices and condiments 2. Fresh and left-over vegetables D. Define the methods of preparation of following: <ol style="list-style-type: none"> 1. Consomme 2. Puree 3. Chowder 4. Boullion 5. Broth 6. Oyster stew | |

SUBJECT : Principles and Practices of Cooking

TITLE OF PERIOD : Condiments, Desserts, Flavoring Extracts.

TEXT REFERENCES : Par. 40,50 - TM 10-405

INSTRUCTIONAL AIDS :
PERSONNEL : Classroom Instructor
EQUIPMENT : Standard classroom equipment

TRANSPORTATION } :
REQUIREMENTS } : None

STUDENT'S EQUIPMENT : Note book and pencil

LESSON PLAN :

.....PERIOD.2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|--------------------------------------------------------------------------------|------------------|
| 5 | I. Introduction | |
| | A. Definition of condiment | |
| | B. Foods listed as condiments | |
| | C. Where found in Q.M. Menu | |
| | D. Method of issue | |
| 20 | II. Classes or groups | |
| | A. Spices | D. Relish |
| | 1. Fresh | E. Mayonnaise |
| | 2. Ground | F. Cornstarch |
| | 3. Whole | G. Salad Oil |
| | B. Extracts | H. Pickles |
| | C. Sauces | I. Vinegar |
| 5 | III. Uses | |
| | A. As seasoning | |
| | B. Preservative | |
| | C. Blending for sauces and dressing | |
| 8 | IV. Desserts | |
| | A. Effect of desserts on morals | |
| | B. Adds color and variety | |
| | C. Provides extra energy | |
| | D. Increase nutritional intake of soldier | |
| 25 | V. Types of desserts | |
| | A. Pies - cobblers | Gelatin desserts |
| | Cakes - Doughnuts | Fruits |
| | Cookies | Ice Cream |
| | Puddings | Sherbets |
| | B. As an example give the important steps of each to make a successful dessert | |
| 3 | VI. Proper serving | |
| | A. Attractiveness | |
| | B. Neatness | |
| | C. Proper cutting of pies, cakes, etc, essential | |
| 3 | VII. Flavoring extracts | |
| | A. Adds flavor, increases palatability | |
| | B. Use carefully, shortage in issue | |
| | C. Color for foods. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7 | <p>VIII. Storage of Spices. Uses.</p> <ul style="list-style-type: none"> A. Store in cool, dry place. B. Keep containers closed to retain flavor, aroma. C. In using spices do not over-season, Remember food is prepared to suit the taste of the majority. |
| 15 | <p>IX. Flavoring and Extracts</p> <ul style="list-style-type: none"> A. Two kinds of extracts. <ul style="list-style-type: none"> 1. Pure 2. Imitation-synthetic. B. Source of true extracts <ul style="list-style-type: none"> 1. Where obtained-plants, beans, etc. 2. Found in what countries. C. Sources of synthetic extracts <ul style="list-style-type: none"> 1. Produced from chemical compounds to have same properties of true extracts. D. Keeping lids on tightly to prevent loss of strength and evaporation. E. Imitation requires larger percentage in use. |
| 7 | <p>X. Jams, jellies, preserves and fruit butter.</p> <ul style="list-style-type: none"> A. Definitions of each B. Characteristics. |
| 2 | <p>XI. Summary.</p> |

SUBJECT : Principles and Practices of Cooking

TITLE OF PERIOD : Breakfast Foods

TEXT REFERENCES : Par. 5-9-38-41 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, Food charts, Vitamin charts.

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT EQUIPMENT : Notebook and pencil

LESSON PLAN :

.....PERIOD...1...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| 3 | I. Introduction | |
| | A. Breakfast is an important meal. It provides the body with essential nutritive valued to start the day. | |
| 7 | II. Well balanced breakfast contains | |
| | A. Carbohydrates and fats | |
| | B. Proteins | |
| | C. Minerals | |
| | D. Vitamins | |
| 3 | III. Properly prepared breakfast includes | |
| | A. Palatability | |
| | B. Nutritionally balanced. | |
| 30 | IV. Types of breakfast foods | |
| | A. Fruits - (source of vitamins) | |
| | 1. Fresh | |
| | 2. Canned | |
| | 3. Fruit Juices | |
| | B. Hot Cereals | |
| | 1. Oats - quick and regular | |
| | 2. Cream of Wheat | |
| | 3. Farina | |
| | C. Dry Cereals | |
| | 1. Corn Flakes | 4. Shredded Wheat |
| | 2. Rice Krispies | 5. Pop |
| | 3. Bran | |
| | D. Meat and Egg Dishes | |
| | 1. Bacon | 4. Eggs (all prep.) |
| | 2. Ham | 5. Cr: chipped beef |
| | 3. Omelet (all kinds) | 6. Sausage |
| | E. Cakes - Hot Breads | |
| | 1. Toast | 5. French toast |
| | 2. Sweet Rolls | 6. Buck wheat and corn cakes |
| | 3. Griddle cakes | |
| | 4. Doughnuts. | |
| 5 | V. Proper Method of Preparation | |
| | A. Have students pick two or three foods prepared for Breakfast | |
| | B. Instructor will explain proper method of preparing each. | |
| 2 | VI. Summary and Questions | |
| | Proper serving is essential. The foods prepared for breakfast are hard to garnish. Proper serving can be obtained by placing food on plates, trays, etc. | |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Complete Meal of Dehydrated Food

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL AIDS : ~~Classroom~~ Instructor and Assistant

PERSONNEL : Classroom Instructor and Assistant

EQUIPMENT : M1937 Field Range, Dehydrated Meat, Vegetables and Fruit. Standard Classroom Equipment

TRANSPORTATION :

REQUIREMENTS : None

STUDENT'S EQUIPMENT: Notebook and pencil

LESSON PLAN

PERIOD 4 HOURS (DURATION) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | LECTURE AND DEMONSTRATION |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|
| | Pork Patties - Carrots - Hash Brown Potatoes - Apple Nuggets - Bean Soup | |
| 15 | I. Introduction | |
| | A. Put meat to soak at this time. Let the students figure out the right ratio of water and make clear the soaking period and temperature of water used. | |
| 10 | II. Types of Meat Available as a Dehydrated Product: | |
| | A. Beef | D. Sausage |
| | B. Pork | E. Corned Beef |
| | C. Ham | F. Bacon |
| | 1. Two most important factors in rehydrating meats: | |
| | a. Ratio of water | |
| | b. Soaking period | |
| 20 | III. Ratio and Soaking Period of Meat | |
| | A. Go over carefully, the ratios and soaking periods | |
| | B. Use the blackboard to figure 3 or 4 problems in rehydrating of meats | |
| 25 | IV. Discussion of background of Dehydrated Meats | |
| | A. How it is dehydrated | |
| | B. Two types used by the army - fresh and precooked | |
| | C. Value of dehydrated products in the field | |
| | 1. Space saving | |
| | 2. Storage and keeping qualities | |
| | 3. Time saving | |
| 10 | V. But the Julienne Potatoes and Carrots to Soak | |
| | A. Let the students compute the ratio | |
| 15 | VI. Dehydrated Vegetables | |
| | A. Julienne Potatoes | G. Cabbage |
| | B. Julienne Sweet Potatoes | H. Turnips |
| | C. Potato shreds | I. Onions |
| | E. Carrots | J. Baked beans |
| | F. Beets | K. Soups |
| | 1. Two important factors in rehydration of vegetables | |
| | a. Ratio of water | |
| | b. Soaking period | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 | <p>VII. Ratio and Soaking period of Vegetables</p> <ol style="list-style-type: none"> Go over carefully ratios and soaking periods Use the blackboard to figure out 4 or 5 problems in rehydration of vegetables |
| 20 | <p>VIII. Discussion of background of Dehydrated Vegetables</p> <ol style="list-style-type: none"> How they are dehydrated Value of dehydrated products in the field <ol style="list-style-type: none"> Shipping and storage space Keeping qualities Time and labor saving Saving of vital war materials |
| 10 | <p>IX. Start the Potatoes and Carrots to Cooking</p> <ol style="list-style-type: none"> Bring to a slow boil and simmer until tender Never use a high flame Use just enough water to prevent burning |
| 5 | <p>X. Start soaking of the Onions</p> <ol style="list-style-type: none"> Soaking period 20 minutes |
| 5 | <p>XI. Start cooking of Apple Nuggets</p> <ol style="list-style-type: none"> Let the class figure out the amount of water No soaking time Simmer until tender |
| 10 | <p>XII. Start preparation of the Bean Soup</p> <ol style="list-style-type: none"> Let the class figure out the amount of water No soaking time Bring to a slow Boil and simmer 3 minutes |
| 15 | <p>XIII. Making of the Pork Patties</p> <ol style="list-style-type: none"> Brown off the onions Reconstitute the eggs Use cracker crumbs as a binder Add these three to the pork and make in patties Cook until brown |
| 20 | <p>XIV. Completion of Meal</p> <ol style="list-style-type: none"> Allow each student to see and taste each item that is prepared Answer all questions |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Dehydrated Fruits and Vegetables

TEXT REFERENCES : TM 10-406

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : M1957 Field Range complete, dehydrated foods, dehydrated food chart, balopticon, screen, FS 10-119

TRANSPORTATION) : 10-120, 10-121, standard classroom equipment.

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Mess Gear, notebook, pencils

LESSON PLAN :

.....PERIOD...3...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE IN MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Demonstration Film Strip |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 10 | I. Introduction <ul style="list-style-type: none"> A. Definition of dehydrated foods B. Important factors in using dehydrated foods <ul style="list-style-type: none"> 1. Shipping space saved 2. Keeping qualities 3. Time saving in preparation | |
| 5 | II. Kinds of dehydrated fruits <ul style="list-style-type: none"> A. Apples - slices and nuggets B. Cranberries - whole and granulated C. Uses for each | |
| 15 | III. Factors in cooking Dehydrated Foods <ul style="list-style-type: none"> A. Ratios B. Soaking periods C. Cooking time | |
| 10 | IV. Recipes for apples and cranberries <ul style="list-style-type: none"> A. Applesauce B. Apple pies C. Cranberry sauce D. Cranberry juice <p>Use TM 10-406 and dehydrated food chart to explain amounts and recipes.</p> | |
| 30 | V. Show FS 10-119, FS 10-120, FS 10-121 | |
| 30 | VI. Dehydrated Vegetables <ul style="list-style-type: none"> A. Not new in its uses B. History of Dehydration <ul style="list-style-type: none"> 1. Method of dehydration 2. Preparation for dehydration <ul style="list-style-type: none"> a. Sorting and cleaning b. Blanching c. Cutting d. Packaging C. Kinds of Dehydrated Vegetables <ul style="list-style-type: none"> 1. Julienne potatoes 2. Potato shreds 3. Sweet Potatoes 4. Beets 5. Carrots 6. Cabbage 7. Turnips-Rutabagas 8. Onions 9. Baked beans <p>Pass samples of all available foods at this time.</p> D. Case hardening of foods <ul style="list-style-type: none"> 1. Causes for casehardening 2. How does it effect its re-constitution? | |

| THE SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10 | <p>VII. Use of Dehydrated Chart</p> <ul style="list-style-type: none"> A. How the students work out problems on several vegetables based on recipe for 100 men. B. All measurements must be converted into dippers C. Necessary to know weight of each food to #56 dipper. |
| 5 | <p>VIII. Preparation</p> <p>During second hour of lecture put two vegetables to soak so they may be prepared the last period.</p> <ul style="list-style-type: none"> A. Have students examine re-hydrated foods B. Foods are never soaked over-night |
| 3 | <p>IX. Cooking</p> <ul style="list-style-type: none"> A. Foods are never boiled B. Cook and season foods prepared C. Sampling of food D. Comments |
| 3 | <p>X. Questions</p> |

SUBJECT : Dehydrated Foods

TITLE OF PERIOD : Dehydrated Eggs, Milk, Meats

TEXT REFERENCES : TM 10-406, Mimeo on Dehydrated Foods

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment, M1937 field ranges:
complete ingredients for preparing milk, eggs,
and meats.

TRANSPORTATION) : and meats.

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencils, plates and silverware

LESSON PLAN :

.....PERIOD..2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture & Demonstration |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 5 | I. Introduction <ul style="list-style-type: none"> A. Importance of dehydrated dairy foods B. Available dehydrated dairy products <ul style="list-style-type: none"> 1. Eggs (several types) 2. Milk 3. Cheese 4. Butter | |
| 5 | II. Eggs <ul style="list-style-type: none"> A. Processing of eggs for dehydration <ul style="list-style-type: none"> 1. Quality of eggs 2. Pre-drying B. Advantages and uses of dehydrated eggs | |
| 5 | III. Milk <ul style="list-style-type: none"> A. Importance of milk in the diet <ul style="list-style-type: none"> 1. Most perfect food B. Types of dehydrated milk C. Processing of milk <ul style="list-style-type: none"> 1. Quality of raw product 2. Equipment and plant sanitation 3. Processing methods D. Advantage of dehydrated milk | |
| 10 | IV. Dehydrated Meats <p>Note: Meat will be re-hydrated during the first period so that it may be used in demonstration for second period.</p> <ul style="list-style-type: none"> A. Types of dehydrated meats available <ul style="list-style-type: none"> 1. Beef 2. Pork 3. Ham 4. Sausage 5. Corned beef 6. Bacon B. Background of Dehydrated Meats <ul style="list-style-type: none"> 1. How they are processed 2. Pre-cooking and its purpose | |
| 7 | V. Important factors <ul style="list-style-type: none"> A. Saves shipping space B. Keeping quantities-storage C. Saves time | |
| 3 | VI. Important factors of re-hydration <ul style="list-style-type: none"> A. Know weight content of #56 dipper B. Ratio C. Soaking or rehydration period D. Proper cooking | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | | | | |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------|---------|
| 15 | <p>VII. Ratio and Soaking Periods</p> <p>A. Go over carefully the ratios and soaking periods of</p> <table border="0"> <tr> <td>1. Beef</td> <td>3. Eggs</td> </tr> <tr> <td>2. Pork</td> <td>4. Milk</td> </tr> </table> <p>B. Use blackboard and have students figure the problems of each food used based on 100 men</p> | 1. Beef | 3. Eggs | 2. Pork | 4. Milk |
| 1. Beef | 3. Eggs | | | | |
| 2. Pork | 4. Milk | | | | |
| 50 | <p>VIII. Demonstration</p> <p>A. Prepare meat, making meat patties</p> <p>B. Prepare scrambled eggs</p> <p>C. Students will make the preparations and cook the food under supervision of instructor.</p> | | | | |

SUBJECT : Bread and Pastry Baking.

TITLE OF PERIOD :: Baking Ingredients, temperatures, formulae, rolls and biscuits.

TEXT REFERENCES : Par. 64 TM 10-405, TM 10-410, TM 10-411, See III & V

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : M1937 Field Range complete, necessary ingredients for baking biscuits. Standard classroom equipment.

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil.

LESSON PLAN

.....PERIOD...2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture and Demonstration |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | I. Introduction <ul style="list-style-type: none"> A. Importance of baking in army mess. B. Baking is cooking by dry heat in oven. C. Plan of work for a successful baker D. Object in baking is: <ul style="list-style-type: none"> 1. Increase nutritive value. 2. Palatability. 3. Attractiveness. |
| 3 | II. Classes of Bread. <ul style="list-style-type: none"> A. Fermented. <ul style="list-style-type: none"> 1. Definition 2. Two types-- plain dough, sweet dough B. Unfermented <ul style="list-style-type: none"> 1. Definition 2. Includes biscuits, corn bread, muffins etc. |
| 30 | III. Ingredients in bread and pastry baking. <ul style="list-style-type: none"> A. Flour--three types <ul style="list-style-type: none"> 1. Hard wheat--used in bread 2. Soft wheat--used in cakes 3. All purpose B. Yeast--three types <ul style="list-style-type: none"> 1. Compressed yeast 2. Dehydrated yeast 3. Dry yeast 4. Function of yeast depends on <ul style="list-style-type: none"> a. Air b. Moisture c. Temperature C. Shortenings <ul style="list-style-type: none"> 1. What shortening does to bakery products <ul style="list-style-type: none"> a. Tenderness or shortness b. Flavor c. Retains freshness d. Increases nutritive value D. Milk <ul style="list-style-type: none"> 1. Value of milk to bakers products <ul style="list-style-type: none"> a. Flavor b. Keeping qualities c. Color E. Baking Powder <ul style="list-style-type: none"> 1. Two types <ul style="list-style-type: none"> a. Single action b. Double action 2. Leavening agent for unfermented breads |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | F. Eggs <ol style="list-style-type: none"> 1. Value of Eggs to baked products <ol style="list-style-type: none"> a. Leavening cakes without shortening b. Adds volume to cakes c. Gives tender crust |
| 4 | IV. Fermentations <ol style="list-style-type: none"> A. Kinds of fermentation <ol style="list-style-type: none"> 1. Alcoholic--most desired 2. Acetic--sourness if temperature too high 3. Lactic--souring of milk-acid flavor to product |
| 8 | V. Action of Yeast <ol style="list-style-type: none"> A. Action made faster by: <ol style="list-style-type: none"> 1. Smaller percentage of salt 2. Use of yeast foods--malts 3. Larger quantity of yeast 4. Higher dough temperature B. Action slowed by: <ol style="list-style-type: none"> 1. Larger amount of salt 2. No yeast foods 3. Lower temperature |
| 50 | VI. Demonstration <ol style="list-style-type: none"> A. Making biscuits. Going through each step stressing proper mixing and baking temperatures |

SUBJECT : Bread and Pastry Baking.

TITLE OF PERIOD : Fruit and Soft Pie

TEXT REFERENCES : Par 64, TM 10-405--Sec VI, TM 10-411-- TM 10-410

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : M37 Field Range, ingredients for soft pie

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook and Pencil.

LESSON PLAN :

PERIOD 2 HOURS (Duration)

PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Demonstration Application |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 5 | I. Definition of Pie A. Good American dessert B. Importance of dessert in a meal C. Elements of nutrition found in pies. | |
| 15 | II. Ingredients for soft pies. A. Milk B. Eggs C. Lemons D. Vanilla extract E. Chocolate or cocoa F. Shredded coconuts | |
| 10 | III. Ingredients for fruit pies A. Flour B. Fat C. Salt D. Cold water E. Fruit | |
| 35 | IV. Making pie crust A. Ingredients 1. Flour 2. Salt 3. Fat 4. Cool water B. In mixing dough, work fat in flour thoroughly, add salt after adding cool water; mix as little as possible. C. Ratio 1. Two (2) parts of flour 2. One (1) part of fat 3. As little water as possible | |
| 10 | V. Dehydrated Pies. A. Apple B. Cranberry C. Pumpkin D. Custard E. Lemon F. Chocolate | |
| 5 | VI. Types of ingredients used to make pies A. Fresh ingredients B. Evaporated or dehydrated ingredients C. Canned ingredients | |

| TIME SCHEDULED MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Demonstration Application |
|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 5 | VII. Temperatures A. Oven heat 400° F. B. Cook fruit first and separate | |
| 10 | VIII. Summary | |
| 5 | IX. Questions | |
| | *Note--Section IV should be a demonstration--application. Whenever possible, fruit or soft pies should be baked. Dehydrated pies will be prepared later in the course. | |

SUBJECT : Bread and Pastry Baking

TITLE OF PERIOD : Doughnuts, Cakes, Cookies and Icings

TEXT REFERENCES : Par 64, TM 10-405; TM 10-410; Sec VII and VIII
TM 10-411

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : M1937 Field Range & ingredients for cake or cookies

TRANSPORTATION :

REQUIREMENTS : None

STUDENT'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| | | Demonstration Application |
| 10 | I. Introduction A. Baking, general 1. Cooks must have a working knowledge of baking a. Must take special pains b. Must use exact weight and measurements c. Must follow formulae exactly d. Must know proper oven temperatures e. Must have a definite plan of work | |
| 30 | II. Ingredients used in Cake making and effects A. Eggs (fresh or dehydrated) 1. Gives volume 2. Gives keeping qualities 3. Gives better taste B. Milk 1. Gives better color 2. Gives better keeping qualities 3. Gives more nutritive value C. Flour 1. Soft wheat flour a. Has less gluten b. Better for cakes D. Shortening 1. Makes cake lighter 2. Gives better taste 3. Causes cake to keep better 4. Gives better color E. Sugar -- two types 1. Granulated a. Used in making cakes b. Gives better taste c. Gives better color 2. Powdered a. Icings on cake b. Taste c. Appeals to the eye | |

TIME
SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

F. Baking powder--two classes

1. Quick acting

- a. Will release all leavening gas in the cold water added to the dough
- b. Not suitable for pan-cakes or doughnuts

2. Slow acting

- a. Known as double acting
- b. Part of action takes place in cold and part after exposed to heat

G. Baking soda

1. Used as leavening agent in presence of acid

- a. Example - when chocolate is used
 - 1. Neutralizes the acid for proper leavening
 - 2. Gives chocolate a darker color

10

III. Important steps in mixing

A. Creaming is most important factor in cake making

- 1. Cream until it is soft and light (example - whip cream)

B. Do not mix after it is creamed:

- 1. Mix only until all ingredients are used
- 2. Over mixing will cause cake to be tough

C. Must be exact as to weights and measurements of ingredients

D. Oven temperatures

10

IV. Formula for 25 men, Yellow Layer Cake

A. Two (2) lbs. flour

Two-thirds ($2/3$) lbs. shortening

Two (2) lbs. sugar

One and five sixteenths ($1 \frac{5}{16}$) lbs. eggs

Twenty one (21) ozs. baking powder

One (1) oz. salt

Vanilla - to taste desired

15

V. Summary

5

VI. Questions

*Note - Sec II and Sec III should comprise the demonstration-application. If necessary, all material in the outline may be presented while the demonstration - application is in progress.

SUBJECT : Breads and Pastry Baking.

TITLE OF PERIOD : Tour of Post Bakery.

TEXT REFERENCES : TM 10-411, 5 Oct 1943.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT :

TRANSPORTATION) :

REQUIREMENTS) : 1- $\frac{1}{2}$ ton truck

STUDENT'S EQUIPMENT : Notebook and pencil.

LESSON PLAN :

PERIOD 2 HOURS (Duration)

PLACE: Post Bakery.

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Observation Trip |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| 100 | <p>Under the supervision of the instructor and chief baker the officers will be taken through the Post Bakery.</p> <p>At each installation, e.g., oven, mixer, "proofing room", divider, etc., the chief baker will explain the procedure and operation of each machine.</p> <p>The officers will not be allowed to operate any machine or to take part in any phase of the baking. All questions will be answered as the tour progresses.</p> <p>This tour is not made to teach the officers <u>how</u> to bake but to familiarize them with the operation of a bakery.</p> | |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : Army Ranges #'s 1,2,5, Fireless Cookers, Gasoline Lanterns

TEXT REFERENCES : Par. 76-81 TM 10-405-"Mimeo" Army Field Range #5

INSTRUCTIONAL AIDS : Classroom Instructor

PERSONNEL : Baloptican, screen, FS10-118, FS10-128. Standard

EQUIPMENT : Classroom equipment. Ranges #1 and #2.

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD..2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Training Film |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 3 | I. Introduction Other types of ranges used by the Army other than those burning gas or gasoline. | |
| 20 | II. Army Field Range #1 A. Nomenclature B. Assembling 1. Setting up in the field 2. Setting up in baggage cars. C. Operation D. Effect on Menu E. Utensils F. Cooking | |
| 20 | III. Army Field Range #2 A. Nomenclature B. Assembling 1. Setting up in the field 2. In garrison or baggage car C. Operation D. Effect on Menu E. Utensils F. Cooking | |
| 5 | IV. Fireless Cookers 1. Construction 2. How used 3. When they are used-what purpose. | |
| 17 | V. Gasoline Lanterns 1. Nomenclature 2. Cleaning 3. Lighting 4. Refueling | |
| 20 | VI. Field Range #5 A. Show FS 10-118 1. Nomenclature 2. Cooking 3. Care and Cleaning B. Show FS 10-128 1. Lecture with Film Strip | |
| 5 | VII. Summary and Questions | |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : Kitchen Set-up in the Field

TEXT REFERENCES : Par 76-82 TM 10-405; Chap V & VII FM 8-40; Sec V & VI
Chap IV, Sec II Chap VIII, FM 21-10; TR #6 Annex 1 & 2

INSTRUCTIONAL AIDS : ASFTC

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment

TRANSPORTATION) : None

REQUIREMENTS) :

STUDENT'S EQUIPMENT: Notebook & Pencil

LESSON PLAN :

.....PERIOD...2..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 15 | I. Kitchen Site <ul style="list-style-type: none"> A. Cover and concealment B. High ground and drainage C. Away from latrine D. Accessible to rations and water distribution |
| 20 | II. Equipment and arrangement <ul style="list-style-type: none"> A. Kitchen fly B. Supply tent C. Supply trailer D. Water tractor E. Gasoline ranges F. Improvised or collapsable work table |
| 20 | III. Sanitary and Protective Installations <ul style="list-style-type: none"> A. Underground icebox B. Suspended food container C. Soakage pits D. Incinerator E. Fly traps F. Oil spraying G. Fox holes or slit trenches |
| 15 | IV. Storage in the Field <ul style="list-style-type: none"> A. More exposure to elements B. Fewer Facilities available C. Rules for field storage <ul style="list-style-type: none"> 1. Dunnage 2. Use supply tent 3. Gasoline 4. Cover |
| 15 | V. Mess Lines and Eating <ul style="list-style-type: none"> A. Use a "staggered" serving line B. Feed in small groups (squads) C. Dispersion of mess lines and eating |
| 15 | VI. Mess Gear Washing <ul style="list-style-type: none"> A. Fire trench B. M 1937 water heating unit C. Arrangement of mess gear washing can D. Temperature of water E. Dispersion of lines |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : The parts, operation, care of M1937 Field Range

TEXT REFERENCES : Par. 76-82, TM10-405; QM Field Range Manual

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Display board, M1937 cabinet, M1937, M1942 fire unit.
Tool kit board, FS 10-134, Screen, Projector, standard classroom equipment.

TRANSPORTATION)

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Demonstration Film Strip |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 10 | I. Presentation Introduction- The M1937 Range complete A. Its place in Modern Warfare B. Its construction C. Difference between M1937 and M1942. Construction and Material. D. Inter changing of parts | |
| 30 | II. Explanation: A. Nomenclature of parts (unassembled) use display board. B. Assembled fire unit; Comparing name and location of parts from unassembled to assembled C. Tool kit board--Description of each tool, the function of each tool. D. Description of unit as to flow of gas from raw stage to the flame. | |
| 50 | III. Demonstration A. Students will follow instructor as he goes through the steps of taking down fire unit B. Proper procedure of cleaning C. Reassemble fire unit-stop by step. D. Show FS10-134 | |
| 10 | IV. Conclusion A. Precautions in operating field range. B. Standard operation procedure C. Operation of units in the field D. Not used in the garrison E. Troubles and their treatment F. Regulations covering use of ranges | |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : M1937 Field Range--Application

TEXT REFERENCES : Pars. 76-81 TM 10-405; Your Army Field Range
M1937-JAD.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom instructor and 1 assistant

EQUIPMENT : 1-M1937 fire unit and tool kit for each pair
of students in class. Fire unit display board.

TRANSPORTATION)
REQUIREMENTS) : One $\frac{1}{2}$ ton truck

STUDENT'S EQUIPMENT: Notebook and pencil

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Coach & Pupil method |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| 6 | I. Introduction <ul style="list-style-type: none"> A. Instructor will explain coach & pupil method of instruction B. Stress efficiency and not speed. C. Segregate students into pairs. D. Give students numbers--1 & 2 E. Designate #1 man as pupil and #2 man as coach. F. Students will move to fire units. (Placed at least 8 ft. apart) G. Caution: No one will begin work until told by instructor. | |
| 84 | II. Application <ul style="list-style-type: none"> A. Instructor will have students complete cycle of operation of fire unit--from filling fuel tank to cleaning unit after it has been used. B. The following points will be covered. <ol style="list-style-type: none"> 1. Safety throughout operation. 2. Examine the unit; see that all valves are closed; have air shutter open. 3. Fill gasoline tank --replace filler tube cap and tighten moderately. 4. Pump air pressure to 40 lbs. 5. Check for leaks again. 6. Pull out burner control rod until burner arms are under generator tube. 7. Open air valve one-half turn. 8. Open fuel valve one-half turn. 9. Hold lighted match over end of burner arm. 10. Open flame valve one-half turn (flame should form in a few seconds. 11. Maintain clear green flame by adjusting air valve. 12. Caution: When operating unit in cabinet open shutters in front of unit. 13. As generator heats, gradually close air valve. 14. Return burner control rod to "in" position. 15. Turn off fire--Caution: Use fuel valve--Leave flame valve open until unit cools. | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Coach & Pupil method |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| | <ol style="list-style-type: none"> 16. Disassemble unit--remove and clean flame valve, generator tube, and air tubes, filter cap--replace filter disc. 17. Assemble unit--Caution: Do not use force to tighten nuts. 18. When each step has been accomplished and approved by the instructor or his assistant have coach become pupil and let pupil be coach and repeat the routine. | |
| 10 | III. Questions | |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : Chemical Agents and their effect on Food and Water

TEXT REFERENCES : TM 3-220 Par 65d (1) - (8)

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor

EQUIPMENT : 2 Chemical Warfare Charts - Standard Classroom Equipment

TRANSPORTATION :

REQUIREMENTS : None

STUDENTS EQUIPMENT: Notebook and Pencil

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | LECTURE |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 2 | Introduction | |
| 43 | <p>I. Protection of food is a prime consideration for all personnel charged with handling it. It is much easier to protect food from contamination than to decontaminate it.</p> <p>II. Points to consider regarding contamination of foods by chemical agents:</p> <ul style="list-style-type: none"> A. War gases are highly penetrative. B. Foods, particularly moist and fatty foods, are highly absorbent. C. Wrapping and packing methods may be absorbent and permit passage of war gases. D. Gas can penetrate food wrappings unless they are air tight. E. Materials which soak up oil and water absorb and eventually permit passage of gas. <p>III. Contamination may occur:</p> <ul style="list-style-type: none"> A. Upon contact with vapor. B. Upon contact with splashes. C. Upon contact with solid chemicals. D. Upon contact with spray of liquid chemicals. <p>IV. Consumption of contaminated food will produce:</p> <ul style="list-style-type: none"> A. Internal irritation B. Systemic poisoning <p>V. Ways to protect food (use chart)</p> <ul style="list-style-type: none"> A. Keep in airtight containers B. Keep food in shipping containers C. Proper stacking <p>VI. Even though precautions are taken, if gas is used we will have some contaminated foods to decontaminate or destroy</p> <p>VII. Factors concerning disposition of food</p> <ul style="list-style-type: none"> A. Availability of uncontaminated food supply. B. Tube of chemical agent used C. Degree of contamination D. Kind of food contaminated E. Type of packing used | |

TIME
SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

VIII. War gases contaminate food by:

- A. Going into solution in water or fat in food
- B. Being absorbed on the solid surface

IX. Practical measures for purifying or decontaminating food:

- A. Washing with water or 5% soda solution
- B. Trimming off exposed surface.
- C. Adequate aeration
- D. Boiling in water
(Above measures may be ineffective when arsenical agents are used.)

X. Classification of chemical agents

A. Non-Persistent

- 1. Non-arsenical CG, CC, AC, CL
- 2. Arsenical SA, DM, DA

B. Harassing agents CA, CNB, CNS, PS

C. Blister Gases

- 1. Non-arsenical H, HN
- 2. Arsenical L, ED

D. Screening smokes WP, HC, FS, FM

XI. Condition produced by Non-Persistent agents

A. Decontamination procedures

XII. Condition produced by screening smokes

A. Decontamination procedures

WATER

XIII. Protection of water against contamination

XIV. Condition produced by Mustard, Lewisite ED-Chloropicrin

XV. Condition produced by Arsenical smokes - DM, DN

XVI. Condition produced by CG, HC, FS

XVII. Condition produced by systemic poison

XVIII. Summarize important points covered during hour.

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : Decontamination of Food and Water (field exercise)

TEXT REFERENCES : TM 3-220 Par 65d (1) - (8*)

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor and NCO Assistant

EQUIPMENT : pH Indicator Strip (Med Dept Item 13260) 3 one gal. glass jars; 2 Ampules Calcium Hypochlorite;

TRANSPORTATION : Liquid "H" & Medicine dropper; Siphon hose 3'

REQUIREMENTS : long; 1 pr. Permeable gloves; 1 pr. rubber gloves;

STUDENT'S EQUIPMENT : 1 rubber apron; 1 Gas Mask; 1 wooden paddle; 2 Stock pots; 1 Field Range; 3 cans food; Protective Ointment; GI soap & pan-test Kit M4-Visicant. Dectector Crayon & paper.

LESSON PLAN

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 50 | <p>Demonstration</p> <p>Field Exercise</p> <p>Part I - 45 minutes</p> <p>Part II - 30 minutes</p> <p>Because of delay of 30 minutes while canned food is boiled in Part I, Part II will be started as soon as cans of food are placed in boiling water. Part II can then be started and completed before the time has elapsed necessary to complete Part I.</p> <p>I. Decontamination Procedures - Canned Food</p> <p>Purpose: to demonstrate how "H" contaminated canned goods may be decontaminated</p> <p>Procedure:</p> <ol style="list-style-type: none"> A. Contaminate canned goods with small droplets of "H". <ol style="list-style-type: none"> 1. Illustrate use of visicant detector-paper to verify contamination B. Contaminated cans of food should then be placed in a container of boiling water for 30 minutes. At end of 30 minutes cans should be rinsed and dried. Decontamination should be complete. <ol style="list-style-type: none"> 1. Verification of results may be obtained by odor or by use of M4 vapor kit. 2. Labels will have soaked loose from cans while they were immersed in water. Cans should be marked to identify contents. C. Conclusion - <u>That "H" contaminated canned goods can be decontaminated in boiling water for 30 minutes.</u> <p>II. Decontamination of water contaminated with "H"</p> <p>Purpose: To demonstrate how "H" contaminated water may be recognized.</p> <p>To demonstrate how "H" contaminated water can be made usable.</p> <p>Procedure: Pour water into glass jar until 3/4 full</p> <ol style="list-style-type: none"> A. By use of pH paper determine pH of uncontaminated water pH should be approximately 7.0 B. Add a few drops of liquid "H" to water with medicine dropper. |

TIME
SCHEDULE
MINUTES

POINTS TO BE PRESENTED AND PLAN OF PRESENTATION

- C. Have class observe following characteristics of contaminated water:
1. Odor
 2. Surface film of "H"
 3. Liquid "H" at bottom of container
- D. Approximately 2 qts. of water should be siphoned from between surface and bottom of container. (Care should be taken that no surface film ~~or~~ liquid "H" is passed to second container.)
- E. pH of this water should be determined and it should be approximately 5.2 which shows "H" will reduce pH of water.
- F. Water is then boiled 15 minutes
- G. pH determination is then made. Results should be approximately 6.2 which shows boiling has eliminated large part
- H. Sample of water is then chlorinated with 5ppm chlorine
- I. Let stand for 10 minutes and determine residual chlorine
- J. If 1ppm or more is found the water is safe for use.

5

Conclusion: It should be made clear to class that various tests made in connection with this water decontamination are not necessary in actual practice in the field. They are used to prove this method is effective.

Summary: A. Cover important points covered in demonstration

B. Impress class with importance of protecting food against contamination to eliminate necessity of decontamination

SUBJECT : Field Equipment and cooking

TITLE OF PERIOD : Feeding on Troop Movements

TEXT REFERENCES : Par 76.82 TM 10-405

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : Standard Classroom equipment; FS 10-1000; FS 10-96; TF 10-1215; TF 10-1237; Film Strip Projector; 16MM

TRANSPORTATION) : Film Projector; Screen, Model Kitchen Car; Baloptican

REQUIREMENTS) : None Slide; Army K Car

STUDENT'S EQUIPMENT: Notebook and Pencil

LESSON PLAN :

.....PERIOD.....HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture with film and film strips |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| | Introduction | |
| 3 | I. Necessity for proper feeding of men while in movement <ul style="list-style-type: none"> A. To preserve morale B. Insure that they arrive at destination in good physical condition | |
| 10 | II. Types of movements where cooking is SOP <ul style="list-style-type: none"> A. Rail <ul style="list-style-type: none"> 1. Toggare car <ul style="list-style-type: none"> a. No 1 & No 2 b. M 37 Ranges c. Army Range #5 2. Army K car <ul style="list-style-type: none"> a. Army Range #5 b. Built in permanent equipment B. Motor Convoys <ul style="list-style-type: none"> 1. Cooking while in movement 2. Transporting food from kitchen in Mar-Mite containers | |
| 15 | III. Rail Equipment <ul style="list-style-type: none"> A. Discuss its set-up, uses and method of operating with: <ul style="list-style-type: none"> 1. No 1 and No 2 Ranges 2. M 37 Ranges 3. Army range No 5 4. Army K car B. Discuss auxiliary equipment that is used with ranges listed in A. <ul style="list-style-type: none"> 1. Water cans 2. Fuel 3. Storage facilities 4. Pans and utensils 5. Gasoline cans | |
| 10 | IV. Motor Convoys <ul style="list-style-type: none"> A. Discuss set-up of kitchen truck <ul style="list-style-type: none"> 1. Fixing gasoline field range 2. Putting up temporary shelving or tables 3. Methods of cooking in transit 4. Feeding from rear of truck | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture with Film and Film strips |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 10 | <p>V. The Ration</p> <p>A. The ration is drawn in kind on a fixed menu established by QM at place of debarkation</p> <ol style="list-style-type: none"> 1. Allowance 75¢ per man per day 2. This includes paper plates, cups and forks etc. 3. Out of 75¢ - 2¢ per man per day drawn by train commander for purchase of ice 4. One emergency ration per man drawn on Field Ration B 5. If emergency ration is not used it must be turned in at destination 6. 25¢ per meal from officers and train crew must be collected and turned in 7. All utensils and equipment must be checked in at destination and returned to point of origin | |
| 50 | <p>VI. Summary</p> <p>A. Show film strips 10-100, 10-98 and 10-96 and Training films 10-1215, 10-1216</p> | |
| 2 | VII. Questions | |

SUBJECT : Field Equipment and Cooking

TITLE OF PERIOD : Camouflage

TEXT REFERENCES : TM 5-267 Supplement 1-5, Notes from Camouflage Course, Ft. Belvoir, Va.

INSTRUCTION AIDS :

PERSONNEL :

EQUIPMENT : Camouflage table, two flood lights, baloptican, projector, baloptican slides, TF 5-646

TRANSPORTATION :

REQUIREMENTS : None

STUDENT'S EQUIPMENT: Notebook and Pencil

LESSON PLAN

.....PERIOD.....HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Discussion Application |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 5 | I. Introduction A. Why camouflage is necessary in all theatres of war B. Theatres where Geneva Cross is not recognized C. To prevent giving strength of unit being supported D. In the attack cooks and mess personnel must be prepared for any job assigned | |
| 10 | II. History of Camouflage A. French work camouflet (means the act of puffing smoke into someone's face or American slang pulling the wool over your eyes) B. Civilian beliefs 1. Strange collection of zig-zags and stripes painted on buildings and ships by a crew of artists of doubtful mentality C. Join the number of those who understand and appreciate camouflage for what it is--"A COMMON SENSE AND REALISTIC MEANS OF GAINING THE PROTECTION AND SURPRISE" which comes with concealment | |
| 8 | III. Definition A. Camouflage is any and every means of hiding or disguising yourself from the enemy; misleading him as to your position, strength, and intention; confusing him so that he wastes his blows and falls into your ambush B. Means 1. Concealing the true 2. Displaying the false | |
| 5 | IV. Methods of Observation by our Forces on the Enemy A. Observation by eye, or direct observation from ground on air B. Observation by camera or indirect observation usually only from the air | |
| 25 | V. Factors of Recognition by Observation (To illustrate, black out the classroom, place camouflage board in an upright position, focus flood lights on board) A. Position 1. Place the truck against the green background; it is very easy to see 2. Place the olive drab truck against the greenish gray background; nearly impossible to see even at a close distance | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Discussion Application |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| | <p>B. Shape--The brain quickly memorizes the characteristic outline of an object. This outline is called the factor of shape. (Always break if possible the shape or outline of any object, tent, helmet, vehicle--To illustrate, turn one of the flood lights out and let the shape of one of the trucks be clearly seen, then use a small branch to break up the outline of the truck)</p> <p>C. Shadow--When an object is placed between the sun or other sources of illumination and any point, no light rays can reach the point and it is said to be a shadow. A shadow area represents an absence of light rays and therefore cannot reflect rays to the eye or camera and will always appear dark. (Turn one of the lights out and show the shadows of the buildings and trucks) (Also place truck in shadow of building to illustrate taking advantage of shadows, also place truck along hedge so that shadow will fall on hedge to break up outline of truck)</p> <p>D. Texture</p> <ol style="list-style-type: none"> 1. The relative roughness of the surface of an object is the visual factor called texture. An object whose surface is extremely rough casts a series of minute shadows upon itself; and as these shadow areas reflect little light, the over all appearance of the object is dark. The smoother the surface of an object is, the more light it reflects. (Helmets, canvas, vehicles, field ranges, stock pots reflect light far greater than any background vegetation, buildings, or debris. These surfaces must be concealed in shadows or textured otherwise they will be very conspicuous. (Illustrate by flood light reflection on smooth surfaces of camouflage board and the reflection on the rough surfaces) <p>E. Color</p> <ol style="list-style-type: none"> 1. In military coloration the use of large areas of light colors must be avoided, for the usual background of a soldier is of dull or dark colors. The white faces and hands of the soldier, his naps, laundry, anything of a bright or light color attracts the eye of the enemy <p>F. Movement</p> <ol style="list-style-type: none"> 1. Motion is the factor of vision which most attracts the eye. No visual contrast no matter how violent, not even the clash between the white truck on the dark background can compare with movement. (Illustrate by placing white truck on dark background, then move one of the trucks underneath the trees) 2. When movement is necessary when you are being observed by the enemy from a great distance, move very slowly, unless under cover | |
| 15 | VI. Use Balopticon Slides, Slides are Numbered 1-15. Discuss each slide | |
| 20 | VII. Show TF 5-646 A. Give oral examination after showing of film | |
| 12 | VIII. Use Camouflage Board A. Call on different members of the class to pick the best bivouac area. Discuss how each would set up his bivouac. | |

SUBJECT : Utilization of Manpower

TITLE OF PERIOD : Utilization Of Manpower

TEXT REFERENCES : WD Circ. 293-8 Jan. 1944
WD Circ. 334-23 Dec. 1943

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor

EQUIPMENT : Standard Classroom Equipment

TRANSPORTATION) :

REQUIREMENTS) :: None

STUDENT'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

.....PERIOD...1...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Lecture |
| | I. Introduction |
| | A. Present manpower situation is critical |
| | 1. Large number of men being discharged for physical or mental reasons |
| | 2. Physically qualified personnel are being used in limited service positions |
| | 3. Sufficient emphasis not placed on pre- ventive maintenance of the individual |
| | a. Training in mental hygiene |
| | b. Training in physical hygiene |
| | c. Training in sanitation |
| | Result |
| | 1. High sick rate |
| | 2. High rate of discharge |
| | 3. High rate of transfer |
| | B. Solution lies in proper exercise of command functions by unit commanders |
| 30 | II. General Policy |
| | A. Enlisted men should be assigned to a position where he can render maximum service |
| | 1. Proper classification |
| | 2. Proper assignment |
| | 3. Reassignment when advisable |
| | 4. Adequate training |
| | B. Each enlisted man should be assigned to job which fits his physical capacity |
| | 1. Men incapable of serving in a physically exacting position may render adequate service in a less exacting assignment. |
| | 2. Men incapable of serving in a physically exacting position should not be discharged but should be retained in service |
| | 3. Many enlisted men who are below current physical standards are valuable to the army because of training, experience, ability and demonstrated capacity to render service in a specified assignment |
| | C. Only those men qualified physically will be selected as overseas casual replacements |
| | 1. Men found definitely not qualified should be removed as early as possible in the training period |
| | D. Men whose defects can be remedied within over- seas command will be retained |
| | E. Discharges of men who can render effective services is prohibited |
| | 1. Retention of men unable to perform a reasonable days work is wasteful |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>F. Enlisted men will be assigned to most active type of duty based on</p> <ol style="list-style-type: none"> 1. Physical qualifications 2. Civilian learning 3. Experience 4. Education 5. Intelligence 6. Aptitude 7. Leadership ability 8. Acquired military qualifications <p>G. Each of the three major forces must make best use of physically handicapped enlisted men</p> <ol style="list-style-type: none"> 1. Men will not be transferred from one major force to another without concurrence of commander concerned except as directed by War Department 2. Enlisted men of army ground forces who cannot be used because of physical handicap will be reported to The Adjutant General for reassignment <p>III. Use of Term "Limited Service"</p> <ol style="list-style-type: none"> A. Use of term is discontinued <ol style="list-style-type: none"> 1. Used only at induction stations B. Discontinuing of "term" does not mean all men are to be discharged who have been heretofore classified as "limited service" C. No man will be discharged for physical disability if he meets standards for induction for limited service as prescribed in MR 1-9 <p>IV. Enlisted men will not be dispatched overseas who have any of the following defects</p> <ol style="list-style-type: none"> A. Pronounced psychiatric disorders B. Hernia C. Class I Dental defects D. Enucleation of an eye E. Residual damage resulting from tropical disease <p>V. Defects below minimum physical standards for induction as provided in MR 1-9 other than those just mentioned will be retained in their units</p> <ol style="list-style-type: none"> A. Enlisted men not qualified for overseas service will be removed from unit prior to departure from home station B. Men disqualified for overseas service will be assigned to installations within continental United States C. When disqualifying defects discovered notation will be made on WD AGD Form 20 under "Remarks" and on WD AGA Form 24 under "Remarks Administrative" D. When otherwise qualified men with venereal diseases are eligible with certain exceptions E. Uniform standard procedure must be followed <p>VI. Discuss problems concerning utilization of available manpower.</p> <ol style="list-style-type: none"> A. Discuss Army classification system B. Discuss classification assignment and special training at Reception Center C. Discuss classification assignment and reassignment at Replacement Training Centers |
| 12 | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------|
| 5 | <p data-bbox="307 211 521 248">VII. Summary.</p> <p data-bbox="307 272 583 308">VIII. Questions?</p> |

SUBJECT : Hospital Subsistence.

TITLE OF PERIOD : The Hospital Fund and Operation of Hospital Mess.

TEXT REFERENCES : WD Cir 218, 219, 2 June 1944; TM 14-708-C1, AR 210-50 AR 40-590.

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor.

EQUIPMENT : Standard classroom equipment.

TRANSPORTATION):

REQUIREMENTS) : None.

STUDENT'S EQUIPMENT : Notebook and pencil.

LESSON PLAN

PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Lecture |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| 3 | I. Introduction |
| | A. History of the Hospital Fund. |
| 35 | II. Post Hospital Fund |
| | A. Hospital Fund Council. |
| | 1. Composed of 3 senior officers present for duty. |
| | B. Unit funds at hospitals will receive no monies from the subsistence account of the Post Hospital Fund. |
| | C. The Central Post Fund may not distribute cash to the post Hospital Fund. |
| | D. The Post Hospital Fund is established for the improvement and pleasure of the patients in the hospital. |
| | 1. Incidental use or enjoyment by the medical detachments on duty at the hospital is permitted. |
| | 2. Medical Corps units or detachment whether or not stationed at the hospital may have unit funds. |
| | E. Revenue of Post Hospital Funds are: |
| | 1. Grants from Central Hospital Fund. |
| | 2. Transfers from Hospital Subsistence account. |
| | 3. Voluntary contribution or donations. |
| | 4. Proceeds of sale of property of the post on abandonment of a hospital. |
| | 5. Other incidental revenues. |
| | F. Expenditures from post hospital fund. |
| | 1. May be made for the welfare of patients in accordance with policies established by the Surgeon General. |
| | G. The post hospital fund will pay monthly to the Central Hospital Fund those amounts in excess of currently prescribed limitations. |
| | H. System of accounts shall consist of the following ledgers: |
| | 1. General ledger. |
| | 2. Cash receipts register |
| | 3. Cash Disbursement Register. |
| | 4. Accounts Payable Register |
| | 5. Voucher Form |
| | 6. Property Record Card. |
| | 7. Monthly Statement of Post Hospital Fund. |
| | The detailed operation for the above mentioned ledgers will come in a later class. |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 60 | <p>III. Operation of the Hospital Messes.</p> <p>A. Detachment Mess.</p> <ol style="list-style-type: none"> 1. Personnel. 2. Procurement of food. 3. Serving times. 4. Records maintained. <p>B. Patients' Mess.</p> <ol style="list-style-type: none"> 1. Personnel. 2. Procurement of food. 3. Preparation of diets. 4. Records maintained. 5. Time and method of serving. <p>C. Officers; Nurses' Mess or Messes.</p> <ol style="list-style-type: none"> 1. Personnel. 2. Procurement of food. 3. Records maintained. a. Payment for meals. <p>D. Mess Officer.</p> <ol style="list-style-type: none"> 1. Personnel. 2. Records maintained. 3. Control over messes. |
| 2 | <p>IV. Questions.</p> |

SUBJECT : Hospital Subsistence

TITLE OF PERIOD : Hospital Staff Conference

TEXT REFERENCES : WD Cir. 218, 219, 2 June 1944; TM 14-708-C 1
AR 210-50; AR 40-590

INSTRUCTIONAL AIDS :
PERSONNEL : Officer Instructor and members of the Regional
EQUIPMENT : Hospital mess office.
Standard classroom equipment, mimeograph forms,
ledgers.

TRANSPORTATION) :
REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook and pencil

LESSON PLAN :

.....PERIOD....1..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture Conference Application |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| 5 | I. Introduction A. Post Hospital Funds 1. Brief review | |
| 15 | II. Hospital subsistence accounts A. Members of the Regional Hospital Mess will exhibit and explain the fundamentals of the different records maintained in the mess office 1. Each form will be passed among the class members | |
| 27 | III. Several problems, involving all records used in accounting for hospital subsistence will have been given to the students prior to this time. A. The problems will be completed under the supervision of the mess office personnel 1. The problems will be written in such a manner as to necessitate the making of at least one entry on each of the forms | |
| 3 | IV. Questions | |

SUBJECT : Hospital Subsistence

TITLE OF PERIOD : Tour of Regional Hospital Messes

TEXT REFERENCES : None

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : None

TRANSPORTATION } :

REQUIREMENTS } : 1½ ton truck

STUDENT'S EQUIPMENT :

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Application |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 5 | I. Orientation <ul style="list-style-type: none"> A. The tour will be made under the supervision of the instructor and a member of the Regional Hospital Mess Office. B. The tour will be through the detachment mess, one or more patients messes, general mess, mess office, and warehouse | |
| 10 | II. Detachment Mess <ul style="list-style-type: none"> A. The mess sgt. of the detachment mess will conduct the class through this mess only, explaining the following: <ol style="list-style-type: none"> 1. Number of men messing 2. Procurement of food 3. Records maintained 4. Actual operating procedure | |
| 15 | III. Patients Mess <ul style="list-style-type: none"> A. Mess Sgt. of patients mess will conduct the class through this mess only <ol style="list-style-type: none"> 1. Number of men messing 2. Procurement of food 3. Records maintained 4. Diets 5. Actual operating procedure | |
| 15 | IV. Warehouse <ul style="list-style-type: none"> A. Non Commissioned Officer in charge of warehouse will explain the following: <ol style="list-style-type: none"> 1. Records maintained and forms used 2. Issue of food to messes 3. Inventories | |
| 20 | V. General Mess <ul style="list-style-type: none"> A. Mess Sgt. in charge of this mess will explain the following: <ol style="list-style-type: none"> 1. Records maintained 2. Number of persons messing 3. Operating procedure | |
| 30 | VI. Mess Office <ul style="list-style-type: none"> A. Officer or non-commissioned officer in charge of this office will explain very briefly the following: <ol style="list-style-type: none"> 1. Records maintained 2. Types of forms used 3. Deposit Slips | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | <ul style="list-style-type: none"> 4. Vouchers 5. Control over the messes 6. Records from the various messes and warehouses |
| | <p>VII. Questions</p> |

SUBJECT : Hospital Subsistence

TITLE OF PERIOD : Hospital Subsistence Accounts (1)

TEXT REFERENCES : TM 14-708 C1; AR 40-590; AR 210-50, WD Cir.218, 219, 2 June 1944

INSTRUCTIONAL AIDS :
PERSONNEL : Officer Instructor
EQUIPMENT : Standard Classroom equipment; mimeographed ledgers and registers

TRANSPORTATION) :
REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook, pencil

LESSON PLAN :

.....PERIOD...2...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture and Application |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| 2 | I. Introduction A. This system will be maintained at all station and general hospitals within the continental limits of the U.S. except the Army and Navy General Hospital. 1. Such portions as are applicable may be adopted in overseas areas, within the discretion of the theatre commander | |
| 10 | II. Hospital subsistence accounts A. Procurement of food B. Sources of income 1. Commutation of rations 2. Subsistence charge a. Persons authorized to mess separately b. Civilian employees c. Guests d. Officers 3. Grants or loans from the Central Hospital Fund a. How these are made b. Payments 4. Contributions or donations 5. Interest on bank accounts C. Petty Cash Fund 1. Receipts or subvouchers will be retained | |
| 15 | III. General ledger A. Cash on hand B. Cash in bank 1. Cash Receipts Register 2. Cash Disbursement Register C. Accounts Receivable 1. Cash Receipts Register D. Inventory 1. Inventory Record Card E. Accounts payable 1. Accounts payable Register F. Net Working Capital 1. Cash on hand, cash in Bank, accounts Receivable and Inventory minus the accounts payable on the date in question | |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 10 | <p>IV. Cash Receipts Register</p> <ul style="list-style-type: none"> A. Date B. Description C. Invoice number D. Total cash E. Accounts Receivable F. Others <ul style="list-style-type: none"> 1. Sale of property or inventory of the Hospital Subsistence account G. Post to the General Ledger at the end of month |
| 10 | <p>V. Cash Disbursement Register</p> <ul style="list-style-type: none"> A. Date of payment B. Voucher reference C. Description of transaction <ul style="list-style-type: none"> 1. Name of creditor D. Net cash paid E. Discounts F. Posted to General Ledger |
| 20 | <p>VI. Accounts Receivable Register</p> <ul style="list-style-type: none"> A. Date B. Invoice number C. Description D. Total Income E. Type of Income <ul style="list-style-type: none"> 1. Commutation of rations <ul style="list-style-type: none"> a. Patients b. Military Detachment c. Civilian employees 2. Paid subsistence <ul style="list-style-type: none"> a. Patients b. Duty personnel 3. Bills will be rendered to debtors on last day of each month F. QMC Form 460 G. Deposit slips <ul style="list-style-type: none"> 1. Made in duplicate and numbered numerically annually. |
| 15 | <p>VII. Accounts Payable Register</p> <ul style="list-style-type: none"> A. Date B. Name of creditors C. Voucher reference D. Total liabilities E. Food purchases <ul style="list-style-type: none"> 1. Quartermaster 2. Commercial vendors F. Other expenses G. Date paid H. Check numbers |
| 10 | <p>VIII. Registrar's Daily Statement</p> <ul style="list-style-type: none"> A. Prepared in duplicate <ul style="list-style-type: none"> 1. One to the custodian of the Hospital Subsistence account 2. One to the individual in charge of the Hospital mess B. Patient strength for the preceding day C. Number of each class of patients discharged D. Number of each class of patients admitted E. Total number of each class to be charged for |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 | IX. Ration Return QMC Form 460 A. Prepared by Quartermaster at the end of each month 1. Copy of this form will be furnished to the custodian of the Hospital subsistence account a. Entered on Accounts Receivable Register |
| 3 | X. Questions |

SUBJECT : Hospital Subsistence

TITLE OF PERIOD : General, Therapeutic, and Special Diets

TEXT REFERENCES : Chapter 1-3, TM 8-500

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor; two NCO, assistants

EQUIPMENT : 6 Hospital trays with prepared diets; standard classroom equipment

TRANSPORTATION :

REQUIREMENTS : None

STUDENT'S EQUIPMENT:

LESSON PLAN

PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | DEMONSTRATION AND LECTURE |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------|
| | PART I | |
| 5 | I. Introduction | |
| | A. Purpose | |
| | 1. Proper feeding of sick and injured patients is primary purpose of preparation of the various types of diets. | |
| | 2. Dietary treatment of many diseases constitutes important part of therapy. | |
| 8 | II. Continual care and inspection | |
| | A. Control should remain in hands of ward officer. | |
| | 1. His responsibility to order diet by type and as explicitly as possible. | |
| | a. High caloric diet--State number of calories desired. | |
| | b. High carbohydrate-low fat diet--total calories 2000 or 2500 | |
| | B. Purpose --Supply definite information to dietician and diet cook--reduce chance for errors | |
| | C. Care and preparations should be the responsibility of dietician and cooks | |
| | 1. Care in correctness of diet | |
| | 2. In proper preparation of food | |
| | 3. Its palatability | |
| | 4. Its appearance | |
| | D. Control | |
| | 1. The ward officer should assume the responsibility of inspecting diets served to his patients | |
| 5 | III. Normal Diets | |
| | A. Composition | |
| | 1. Average soldier in Army - calorie content - 3500 to 4000 | |
| | 2. Calorie requirement varies with type of work or activity of body | |
| | 3. Based on body poundage the following is general: | |
| | TYPE OF WORK | CAL. PER LB. OF BODY WEIGHT |
| | Basal..... | 10 |
| | Bed rest..... | 12 |
| | Light work..... | 15 |
| | Moderate work..... | 18 |
| | Hard work..... | 22 |

Fruits:

Cooked.... $\frac{1}{2}$ cup

Raw.....1 medium size orange or its equivalent

Jelly or Jam....1 tablespoon

Meat.....3" x 2 $\frac{1}{2}$ " x 1"

Vegetables:

Raw.....1 average tomato or equivalent

Cooked.... $\frac{1}{2}$ cup

2. This all applied to normal diets - Not the variations

a. Therapeutic diets are merely modifications of normal requirements

b. Special diets must fill the following requirements:

1. Satisfy body demands for each disease or pathological demands

2. Adequate to sustain normal nutritional requirements

3. Prepared so that patients will be satisfied with the diet

4. So prepared that forced feedings may be employed if needed

D. Changes from the regular diet to special diet will undoubtedly cause great change in appearance of the tray even though caloric intake is the same or approximately the same

E. These changes of the regular diet may be done by supplementing the regular diet with certain food - or by limiting portions served--in most instances the menu must be changed to merit not only the desired caloric intake, but usually the consistency of the food must be altered. Sometimes it is necessary to substitute entirely for items on the regular menu.

3

VII. Classification of diets

A. Liquid

B. Soft

C. Light

D. Regular

E. Special or Therapeutic

1. All these are constructed on the basis of the regular diet, liquid, soft, light and special diets are prepared in and obtained from the general diet kitchens - Regular diets only should be prepared in the main kitchen. BE SURE THERE ARE PLENTY OF VITAMINS IN A SPECIAL DIET.

5

VIII. Liquid Diet

A. Liquid diets are composed of fluids that are either liquid when taken into the mouth or become so before reaching the stomach.

1. These foods afford little residue or indigestible material

2. Must be easily digestible, free from irritating condiments and mechanical irritants.

3. Fed in small portions, 60-400cc

4. Fed usually every 2 hours at least 6 to 8 feedings daily
5. Liquid diets can be made to run as high as 2000 calories

B. Liquid diets are constituted from:

1. Broths
2. Malted Milk
3. Gelatins
4. Ice creams and Ices
5. Custards and junkets

C. In addition to serving a standard liquid diet at regular times, it should be supplemented with a minimum of three additional feedings as follows:

1. 10 AM - - 3 PM - - 8 PM
 - a. Such supplemental feedings usually consist of milk, malted milk, egg-nog, chocolate milk or grape juice

D. Tube Feeding--A concentrated liquid diet so that patient is fed as infrequently as possible.

1. Tube diet formulae
 - a. Milk.....1000 grams
 - b. Egg yolk.....4 "
 - c. Evaporated milk..120 "
 - d. ~~Baro~~ Syrup.....200 "
 - e. Yeast - 2 cakes dissolved in 200cc hot water - Mix and cook in double boiler, cool, strain and add tomato juice.....120 grams
 - f. Cod Liver Oil....16 "

5

IX. Soft Diets

- A. Used in cases when it is desirable to eliminate or reduce mechanical irritation as much as possible. Patients tire easily on this diet. Don't keep them on it longer than is absolutely necessary.
- B. The soft diet must be:
Soft, readily digestible and irritating residue small. Mostly used for convalescent cases, some intestinal disorders and certain stages of post operative cases.
- C. Soft diets are used as a bridge between liquid and regular, liquid and light, and liquid and special diet.
- D. Soft diets are constituted from the liquid diet plus:

| | |
|------------------|--------------------------|
| Cooked cereal | puree of carrots |
| toast | " " asparagus |
| cream toast | " " lima beans |
| soft cooked eggs | " " string beans |
| puree of spinach | " " Summer squash |
| puree of peas | " " baked white potatoes |

6

X. Light Diet

- A. A stepping stone between soft and full or regular diet
- B. It is composed of easily digested foods and is low in indigestible residue
- C. Caloric intake is adequate and the supply of carbohydrates, protein and fat is liberal

- D. It is obtained from all liquid and soft diets plus
- | | |
|-----------|------------|
| Rice | Clams |
| Macaroni | Bacon |
| Spaghetti | Chicken |
| Noodles | Turkey |
| Meats | Lamb chops |
| Fish | Roast Lamb |
| Oysters | etc. |

5 XI. Regular Diet (General or full)

A. General

The diet is very liberal, provides about 2500 calories per patient. The food is readily digestible.

B. Regular

Considered heavier, provides 3000 to 3500 calories

1. Remember that it is the regular diet that forms a basis for all other diets.

PART II

2 I. Ulcer

- A. Practically all ulcer diets employ milk and cream in the beginning and progress by stages to soft cooked eggs, cereal, gruel, custards and vegetable purees.

2 II. Bland Diets

- A. Used in gastro intestinal (digestive system) conditions, and in recovery from many diseases. Fruits and vegetables are to be well cooked and only those used that contain a small amount of indigestible residue. Must not contain fried, greasy, spiced or seasoned foods, nor must it contain stimulants as a beverage.

2 III. Retention

- A. Usually prepared by nurse; use care in amounts served. Must be of consistency so as to be aspirated if necessary
- B. Milk and cream likely to form large curds, must be diluted with other materials such as malted milk, chocolate or egg white
- C. Feedings limited to 200cc and repeated every two hours.

2 IV. Anti-Constipation

- A. Diet for the 1st, 2nd, and 3rd months includes cooked fruits, cooked vegetables, coarse bread and coarse cereals. Raw fruits and raw vegetables added gradually after second month.

2 V. High Caloric

- A. Energy content increased 30 to 100% by larger portions or concentrated foods added such as cheese, butter, candy, jams, honey, etc. Number of meals eaten daily can be increased.

2 VI. Low Caloric

- A. Is a reducing diet. Is dangerous without close supervision. Loss of weight not more than 3 lbs. a week.

2 VII. High Vitamin

- A. Is composed of foods known to be rich in vitamins known to be of value in maintaining health. Vitamins A, B, C, D, E and G are known to be required.

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | VIII. Low Fat Diet <ul style="list-style-type: none"> A. Such diets may be used in the treatment of diseases of the liver and gall bladder. Avoid all fried and salty foods, butter, cream, mayonnaise and concentrated fats. All food contains some salt, but "salt free" means that salt must not be added |
| 2 | IX. Pellagra Preventive <ul style="list-style-type: none"> A. Patient lacks vitamin B-Complex. The proteins, fats and carbohydrates should be that of a healthy person and be constructed of foods rich in Vitamin "B", such as Beef, Chicken, Liver, Pork, Rabbit, Salmon, Collards, Kale, Peas, Tomato juice, Turnip Greens. |
| 2 | X. Ketogenic <ul style="list-style-type: none"> A. Useful in epilepsy, produced by incomplete combustion of ingested fats. Increase fats gradually and decrease carbohydrates B. Use freely, butter, oils, fats, cream. Avoid sugars starches. |
| 2 | XI. High Calcium <ul style="list-style-type: none"> A. Used in treatment of Rickets and Malnutrition. Vitamin "D" diet combined with foods containing high calcium content. |
| 2 | XII. Cardiovascular-Renal <ul style="list-style-type: none"> A. Very important if ordered that diet be salt free and stimulants avoided. Butter must be salt free |
| 2 | XIII. Low Purin <ul style="list-style-type: none"> A. Purins found chiefly in meat and fish and are to be avoided. |
| 2 | XIV. Pernicious Anemia <ul style="list-style-type: none"> A. Diet should not be given up regardless of well being of patient. B. Total caloric intake equal to maintenance diet C. Protein increased 50% Fats reduced 50% 200 grams of calf or beef liver daily 300 grams of fresh fruit and vegetables D. Calf or beef liver should be sliced and broiled. Chicken liver steamed. Do not soak liver before cooking and do not overcook. When cooked remove veins and chop in small pieces. |
| 3 | XV. Tuberculosis <ul style="list-style-type: none"> A. Diet is important in treatment when limited to lungs may interfere with consumption of food. Diet given in small feedings frequently when disease is acute. After acute symptoms have ceased, appetite increases. Patients sometime feel that stuffing with food and lots of cream hastens cure-not correct, this causes gastro intestinal upset. <ol style="list-style-type: none"> 1. Limited to lungs 2. Involvement of gastro intestinal tract 3. Laryngeal involvement Special diets advised for all forms of tuberculosis. |
| 2 | XVI. Pre-Operative Diet <ul style="list-style-type: none"> A. Patient should have fluid in tissues and well nourished, but no food in stomach when he comes to operating table. B. Post-Operative Diet Most cases require a special diet |

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | XVII. Dental Diet <ul style="list-style-type: none"> A. General <ul style="list-style-type: none"> 1. Liquid 2. Soft 3. Special B. Extractions and fractures require diet for approximately 10 days |
| 2 | XVIII. Questions |

SUBJECT : Hospital Subsistence

TITLE OF PERIOD : Hospital Subsistence Accounts (2)

TEXT REFERENCES : AR 40-590, AR 210-50, TM 14-708-C1, WD Cir. 218, 219, 2 June 1944.

INSTRUCTIONAL AIDS :

PERSONNEL : Officer Instructor.

EQUIPMENT : Standard classroom equipment and mimeographed forms

TRANSPORTATION):

REQUIREMENTS): None

STUDENT'S EQUIPMENT : Notebook and pencil.

LESSON PLAN :

PERIOD 2 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Lecture |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| 2 | I. Introduction. | |
| | A. Continuation of hospital subsistence accounts and forms. | |
| 5 | II. Guest Log for Meals. | |
| | A. Entries made by officer having guests. | |
| | 1. Number of guests. | |
| | 2. Name, rank and serial number of the officer to be charged with the meal. | |
| | B. Billed with regular monthly statement at the prescribed rate. | |
| | C. Used to record names of individuals who eat at the hospital in excess of the number of meals agreed upon--also for casualties (Cash). | |
| 25 | III. Income and purchases Record | |
| | A. Maintained by the individual in charge of the hospital mess. | |
| | B. Sources of income will be the same as those provided in the Accounts Receivable Register. | |
| | C. Expenses incurred will be the same as those in the Accounts Payable Register. | |
| | D. Income. | |
| | 1. Registrar's Daily Statement will furnish the basis. | |
| | 2. Daily Morning Report. | |
| | 3. Guest Log. | |
| | E. Purchases. | |
| | 1. Entered under "Food Supplies Ordered" | |
| | a. Basis will be on actual orders or current price lists. | |
| | 2. "Food Supplies Delivered" | |
| | a. Receipted delivery ticket will become the basis if it is delivered at the actual billed cost. | |
| | F. Gain or Loss Today. | |
| | 1. It will be computed by deducting from the total of the income accounts the value of "Food Supplies Ordered" for that day. Difference between the two will be entered as Gain or Loss for today. | |
| | G. Adjusting entries will be made below the monthly totals of the Income and Purchases Record. | |
| 10 | IV. Inventory Record. | |
| | A. Maintained for each item of supply for use in | |

the hospital mess.

1. Quantities ordered with the price per unit.
2. Quantities received.
3. Quantities issued.
4. Balance on hand.
- B. Amount on hand will be listed at the end of each month.
 1. Physical inventory.
 2. Overage or shortage will be adjusted by entries in "Quantity Received" and "Quantity Issued" column.
- C. Items on hand will be priced at current quartermaster price list or at the most recent purchase prices if not included on price list.
 1. Difference between value of the inventory at the end of the month and balance of the "Inventory Account" in the general ledger will be entered in the general ledgers as a debit (decrease) to "Net Working Capital" and as a credit (decrease) to "Inventory".

15

V. Vouchers.

- A. Every transaction of the Hospital Subsistence Account involving the payment of money will be evidenced by a voucher.
- B. Any entry in the general ledger which did not result from entries in the Subsidiary registers will likewise be supported by vouchers.
- C. Payment to Quartermaster for supplies or to commercial vendors.
 1. Vouchers will be attached to invoice, receipted delivery tickets or other documentary evidence of transaction.
 2. Cash purchases will be supported by invoices and receipted delivery tickets--in the case of petty cash fund they will be attached as subvouchers to the voucher executed to replenish the petty cash fund.
- D. Vouchers will be numbered in a single series for each fiscal year beginning with 1 July 1944.

10

VI. Commutation of Rations

- A. WD Form #351 or other appropriate forms will be used to secure payment from appropriated funds of amounts due on account of personnel for whom commutation is authorized.

7

VII. Invoices

- A. Billing patients and others
- B. Correspondence concerning any invoices will be fastened to the invoice and filed with invoices.

5

VIII. Admission to Hospital

- A. Report of admission
 1. Prepared in triplicate by the Registrar
 - a. Duplicate copy to Custodian of Hospital Subsistence Account

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | <p>b. Triplicate to the individual conducting the Hospital Mess</p> |
| 3 | <p>IX. Field Rations</p> <ol style="list-style-type: none"> A. No commutation of ration for patients or the Medical Detachment B. Guests may be messed and collections made in cash |
| 15 | <p>X. Statement of Hospital Subsistence Account</p> <ol style="list-style-type: none"> A. Prepared in 3 copies at the end of each month <ol style="list-style-type: none"> 1. Two copies will be forwarded to the Commanding General of the Service Command <ol style="list-style-type: none"> a. One copy will be retained, the other forwarded to the Office of the Surgeon General. B. Net Working Capital of the Hospital Subsistence Account as of the last day of each month may not exceed \$18 per authorized bed. <ol style="list-style-type: none"> 1. The account may be more than \$18 per authorized bed during the accounting period. 2. Transfer of excess to the Post Hospital Fund. C. Assets <ol style="list-style-type: none"> 1. Cash on hand 2. Cash in bank 3. Accounts receivable 4. Food Inventory at cost D. Liabilities <ol style="list-style-type: none"> 1. Accounts payable |
| 3 | <p>XI. Questions</p> |

SUBJECT : Inspection Tour

TITLE OF PERIOD : Inspection Tour

TEXT REFERENCES : TM 10-405, TM 10-205, AR 40-205

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor, Inspecting Officer

EQUIPMENT : Mess inspection sheet

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : Notebook and pencil.

LESSON PLAN :

....PERIOD...2...HOURS (Duration) PLACE: Mess Halls

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Application |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 100 | <p>I. An inspection tour will be made by class and will be conducted by one of the inspecting officers who is a member of the inspection staff. The purpose will be to show the class exactly how a mess inspection is conducted. Members of the class will be furnished with a set of comment sheets and a copy of the garrison grade sheet. The inspecting officer will follow the SOP routine which is as follows:</p> <ul style="list-style-type: none"> A. First check will be made which is a preliminary check and is principally a check on sanitation and mess records. The first stages of food preparation will also be checked at other time B. Further checks will be made as the preparation of the meal progresses C. A check will be made at the time the meal is being served to check serving and palatability of food D. A final check will be made for edible plate waste E. Methods of posting grades on grade sheet will be explained <p>II. A discussion will be conducted and any points about which there are questions will be explained by the inspector.</p> |

SUBJECT : Examination.

TITLE OF PERIOD : Examination.

TEXT REFERENCE : All previous references.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Micrographed examination and blank paper.

TRANSPORTATION :

REQUIREMENTS : None.

STUDENT'S EQUIPMENT : Pen or pencil.

LESSON PLAN :

PERIOD 1 HOURS

(Duration)

PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Examination |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 50 | <p>The instructor must explain how the examination is to be written; what type of questions are in the examination and what type of answers will be accepted.</p> <p>Under no circumstances will the instructor give aid to the student except to clarify a question. If a student has a question, he will come to the instructor, so as to eliminate any unnecessary noise or confusion in the classroom.</p> <p>When a student completes the examination ahead of time, he will either sit quietly in his chair or take a "break" outside the classroom until all are finished and the one hour allotted time is completed.</p> |

SUBJECT : Examination.

TITLE OF PERIOD : Examination.

TEXT REFERENCE : All previous references.

INSTRUCTIONAL AIDS :
PERSONNEL : Classroom Instructor.
EQUIPMENT : Mimeographed examination and blank paper.

TRANSPORTATION :
REQUIREMENTS : None.

STUDENT'S EQUIPMENT : Pen or pencil.

LESSON PLAN :

PERIOD 1 HOURS

(Duration)

PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Examination |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 50 | <p>The instructor must explain how the examination is to be written; what type of questions are in the examination and what type of answers will be accepted.</p> <p>Under no circumstances will the instructor give aid to the student except to clarify a question. If a student has a question, he will come to the instructor, so as to eliminate any unnecessary noise or confusion in the classroom.</p> <p>When a student completes the examination ahead of time, he will either sit quietly in his chair or take a "break" outside the classroom until all are finished and the one hour allotted time is completed.</p> |

SUBJECT : Examination.

TITLE OF PERIOD : Examination.

TEXT REFERENCE : All previous references.

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor.

EQUIPMENT : Mimeographed examination and blank paper.

TRANSPORTATION :

REQUIREMENTS : None.

STUDENT'S EQUIPMENT: Pen or pencil.

LESSON PLAN :

PERIOD 1 HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Examination |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 50 | <p>The instructor must explain how the examination is to be written; what type of questions are in the examination and what type of answers will be accepted.</p> <p>Under no circumstances will the instructor give aid to the student except to clarify a question. If a student has a question, he will come to the instructor, so as to eliminate any unnecessary noise or confusion in the classroom.</p> <p>When a student completes the examination ahead of time, he will either sit quietly in his chair or take a "break" outside the classroom until all are finished and the one hour allotted time is completed.</p> |

SUBJECT : Examination
 TITLE OF PERIOD : Final Examination
 TEXT REFERENCES : All previous references
 INSTRUCTIONAL AIDS :
 PERSONNEL : Classroom Instructor
 EQUIPMENT : Mimeographed examination and blank paper
 TRANSPORTATION) :
 REQUIREMENTS) : None
 STUDENT'S EQUIPMENT : Pencil or pen
 LESSON PLAN :
PERIOD...4...HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION | Examination |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 200 | <p>The instructor will explain how the examination is to be written; what type of questions are in the examination and what type of answers will be accepted.</p> <p>Under no circumstances will the instructor give aid to the student except to clarify a question. If a student has a question, he will come to the instructor, in order to eliminate any unnecessary noise or confusion in the classroom.</p> <p>When a student completes the examination ahead of time, he will either sit quietly in his chair or take a "break" outside the classroom until all are finished. The remaining time will be spent in discussion of the questions in the examination.</p> | |

Bany

SUBJECT : Graduation

TITLE OF PERIOD : Graduation

TEXT REFERENCES : None

INSTRUCTIONAL AIDS :

PERSONNEL : Classroom Instructor

EQUIPMENT : None

TRANSPORTATION) :

REQUIREMENTS) : None

STUDENT'S EQUIPMENT : None

LESSON PLAN :

....PERIOD.4..HOURS (Duration) PLACE: Classroom

| TIME SCHEDULE MINUTES | POINTS TO BE PRESENTED AND PLAN OF PRESENTATION Graduation |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 200 | <p>I. Short review of course</p> <p>A. The instructor should review briefly the broad aspects of the various subjects covered in the past four weeks.</p> <p>B. The officers will again be impressed with the responsibility of the job they have been trained to do</p> <p>II. Turn in Texts</p> <p>A. All texts, whites, and other property that the officers have been issued on hand receipts will be returned.</p> |